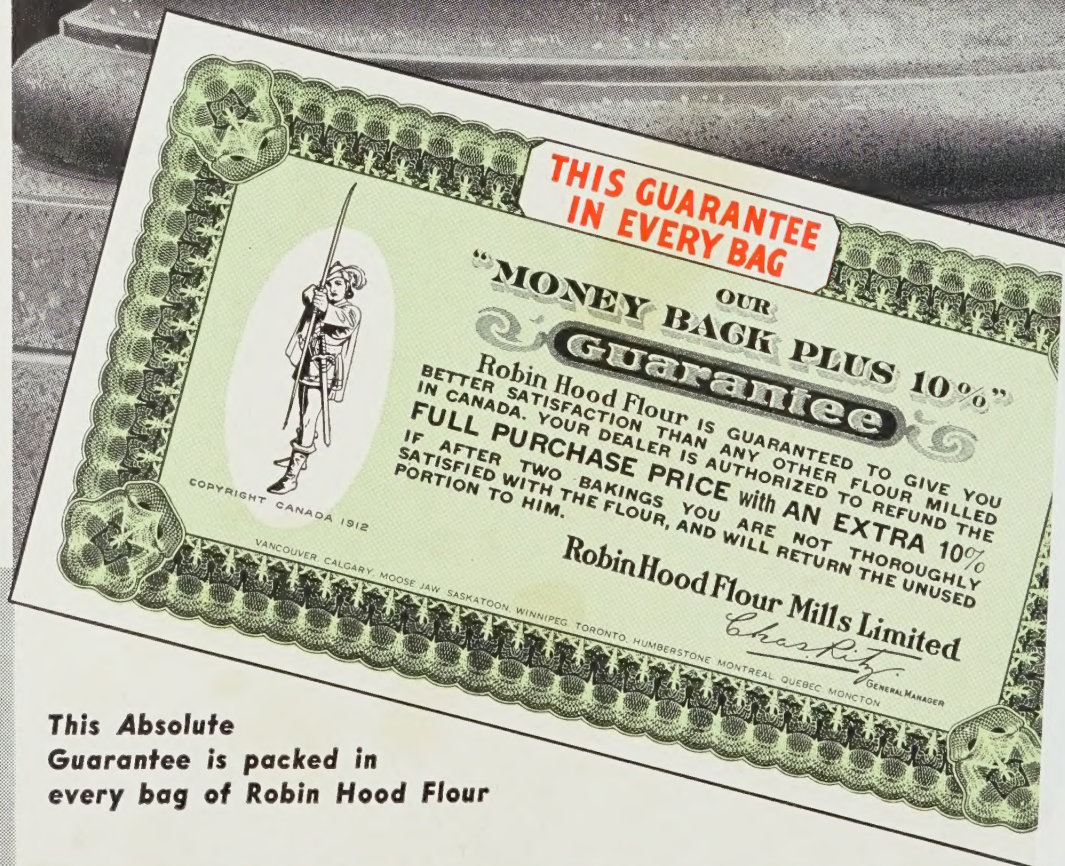


BAKING MADE EASY



UNEQUALLED QUALITY

ASSURED BY THE FAMOUS
MONEY BACK
PLUS 10% GUARANTEE
IN EVERY BAG HAS MADE
Robin Hood
CANADA'S
FASTEST SELLING FLOUR



**This Absolute
Guarantee is packed in
every bag of Robin Hood Flour**





Dear Madam:

Baking is EASY with Robin Hood Flour.

For more than a quarter of a century the tall green archer on the Robin Hood flour bag has been a familiar figure in the lives of Canadian women. He has become a comfortable, dependable companion in the kitchen — a friend, helping good cooks in the preparation of bread and cakes and pies that are the joy of the family.

In this little book we have tried to show you that there is nothing mysterious about the delicious loaves of bread, the tempting cakes and pies which you may have envied on other women's tables. We have employed photographs to illustrate the fundamental steps in baking bread and cakes and pastry. In each recipe we have numbered the various steps so that they will be easy to follow. And we have selected choice, dependable recipes — each of them tested many times under home conditions.

Baking requires, of course, the right methods and the right ingredients. If you follow these recipes with Robin Hood — the flour milled from washed wheat — you will find that baking is EASY. And there is no household task which yields such rich dividends in satisfied appetites and smiling faces around the family table.

BAKING MADE EASY is not an ordinary advertising Cook Book. It is a specially prepared baking guide, written in simple language and illustrated with actual method photographs taken while the products were being prepared. All recipes were created and baked with Robin Hood Flour or Robin Hood Oats. You will enjoy them at their best only if you too use the flour milled from washed wheat.

Robin Hood Flour Mills Limited

MOOSE JAW SASKATOON CALGARY VANCOUVER
WINNIPEG TORONTO HUMERSTONE QUEBEC MONCTON
MONTREAL

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GENERAL INSTRUCTIONS

ABBREVIATIONS

1 tsp.	means	1 teaspoon	1 qt.	means	1 quart
1 tbsp.	"	1 tablespoon	1 oz.	"	1 ounce
1 c.	"	1 cup	1 lb.	"	1 pound
1 pt.	"	1 pint			

WEIGHTS & MEASURES

3 tsp.	- -	are equal to	1 tbsp.	2½ c. Icing Sugar	
16 tbsp.	- -	" "	1 c.		are equal to 1 lb.
2 c.	- -	" "	1 pt.	3¼ c. Brown Sugar	
4 c.	- -	" "	1 qt.		are equal to 1 lb.
2 tbsp. Butter	-- --	1 oz.		8 or 9 eggs	- are equal to 1 lb.
2 c. Butter	- -	1 lb.		1 Square Chocolate	
3¼ c. Robin Hood Flour					is equal to 1 oz.
		are equal to 1 lb.		4 tbsp. grated Chocolate	
2 c. Granulated Sugar or Fruit Sugar	- -	are equal to 1 lb.			are equal to 1 oz.
				4 tbsp. Granulated Gelatine	are equal to 1 oz.

TEMPERATURES

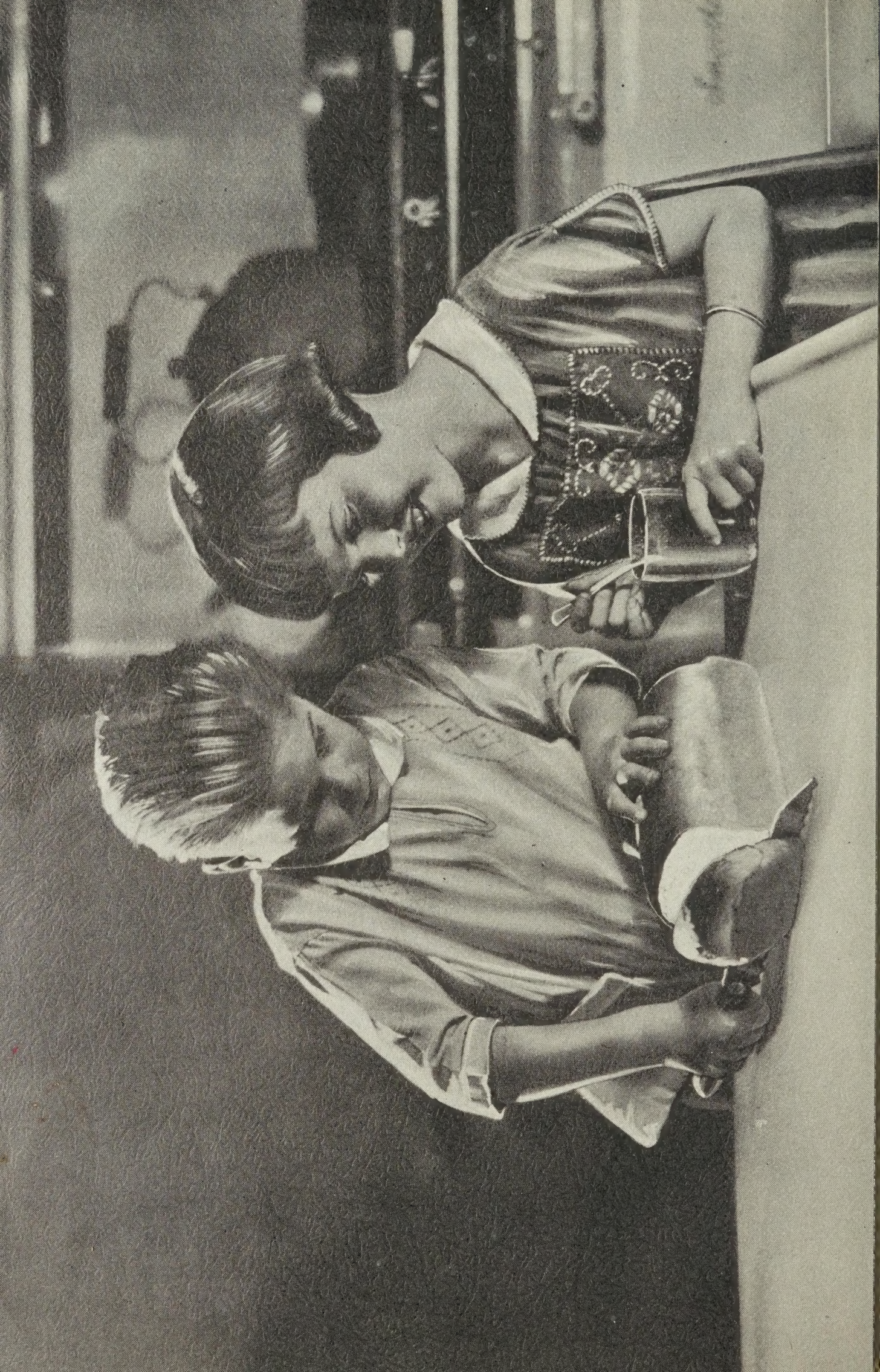
Slow oven is an oven of temperature from - - 250° to 325° F.	Hot oven is an oven of temperature from - - - 375° to 450° F.
Moderate oven is an oven of temperature from - 325° to 375° F.	Very Hot oven is an oven of temperature from - - 450° to 500° F.

NOTES ON MEASURING

- 1st—The recipes in this book have been tested for level measurements with standard 8-oz. measuring cups marked to show quarters, thirds and halves. Standard measuring spoons graded in size from ¼ tsp. to 1 tbsp. have been used.
 - 2nd—To measure liquids fill to the required mark on the cup as seen at eye level.
 - 3rd—Sift flour before measuring; level it off with a knife but do not pack it down.
 - 4th—To measure shortening, pack it firmly into the measuring spoon and level it off with a knife.
- For larger quantities measure in water.

Example of Measuring in Water

To measure ½ cup of shortening, fill a cup half full with cold water. Drop pieces of shortening into the water pressing them under the water until the water level reaches the one-cup mark, being careful not to displace water by the weight of knife or spatula. Drain off the water, and the shortening is ready to use. To measure ¼ cup of shortening, fill cup ¾ full of cold water and proceed as above. To measure ⅓ cup of shortening, fill cup ⅔ full of cold water and proceed as above.



Robin Hood Flour Mills Limited



OFFICES AT
VANCOUVER, B.C.
CALGARY, ALBERTA
MOOSE JAW, SASK.
SASKATOON, SASK.
TORONTO, ONT.
HUMBERSTONE, ONT.
MONTREAL, QUE.
QUEBEC, QUE.
MONCTON, N.B.

DAILY CAPACITY
25,000 - 98 LB. BAGS FLOUR
3,000-80LB. BAGS ROLLED OATS
AND OATMEAL
2,000 CASES ROLLED OATS

MILLS AT
MOOSE JAW, SASK.
SASKATOON, SASK.
CALGARY, ALBERTA
HUMBERSTONE, ONT.

Dear Friend:

"BAKING MADE EASY" is largely the result of personal talks with good home bakers in every part of Canada. I believe it will be helpful to even the most experienced housewife and show many young home makers that baking with Robin Hood Flour is EASY.

The recipes have been tested, not once but several times, under varying conditions, but always in a home kitchen like your own. You will find the 1-2-3-4 method of setting up the recipes unusually simple to follow. I am sure, too, that the four sets of method photographs showing principal steps in baking bread, cakes and pies will be helpful to beginners.

For best results and economy, I urge you to use Robin Hood Flour in these recipes and in your own favourites. Baking ingredients are costly. You will get the most out of them when they are used with Robin Hood Flour. My best recommendation is the thousands of women throughout Canada who keep only Robin Hood in their flour bins for all their baking.

Several years ago, the now famous wheat washing process was introduced in the milling of Robin Hood Flour. I am firmly convinced that some day all flours will be milled from washed wheat. Why? Because the women of Canada demand cleanliness and absolute purity in everything they serve on their tables. Only flour milled from washed wheat is really CLEAN.

I wish it were possible to introduce you to some of the women who have told me about their first delightful experiences with Robin Hood Flour. Next best is my hope that "Baking Made Easy" will show you the pleasure and EASE of baking with Robin Hood, the all purpose flour that is milled from washed wheat.

Sincerely yours,

Evangeline

Home Baking Service.

THE HISTORY OF THE UNITED STATES

The history of the United States is a story of growth and change. It begins with the first settlers, who came to the Americas in search of a new life. They found a land of opportunity, but also a land of challenge. The early years were marked by conflict and struggle, as the settlers fought to establish their own communities and ways of life. Over time, the United States grew from a small collection of colonies into a powerful nation. It was a process of constant evolution, shaped by the dreams and aspirations of its people. The history of the United States is a testament to the power of the human spirit and the ability of a nation to overcome adversity and build a better future.

BREAD

“**B**read is better than the song of birds’ says an old Danish proverb. The words are part of the poetry and legendry which have grown up around bread — the first of foods.

“Is there any fragrance as delightful as that from fresh baked yeast bread? Whether the whiff comes from your own kitchen or from a bakery or from a farm house which you pass with a rush during a ride in the country, that whiff makes you hungry — hungry all the way through. You realize then that bread is truly the Staff of Life.

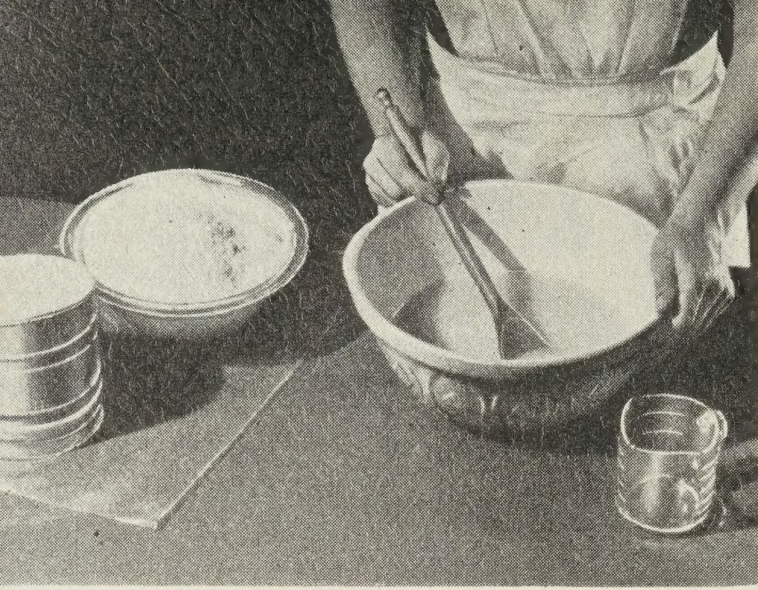
“Follow the pictures on the next two pages and see how easy it is to bake with Robin Hood — the great modern flour milled from washed wheat. Start your own batch of bread. As the silky, smooth-working, powerful dough squeaks under your hands, as it climbs up the sides of the pans and “blooms” in the oven I’m sure you’ll be saying to yourself, “Baking is easy. Baking is fun!”

—*Evangeline*

METHOD OF BAKING BREAD

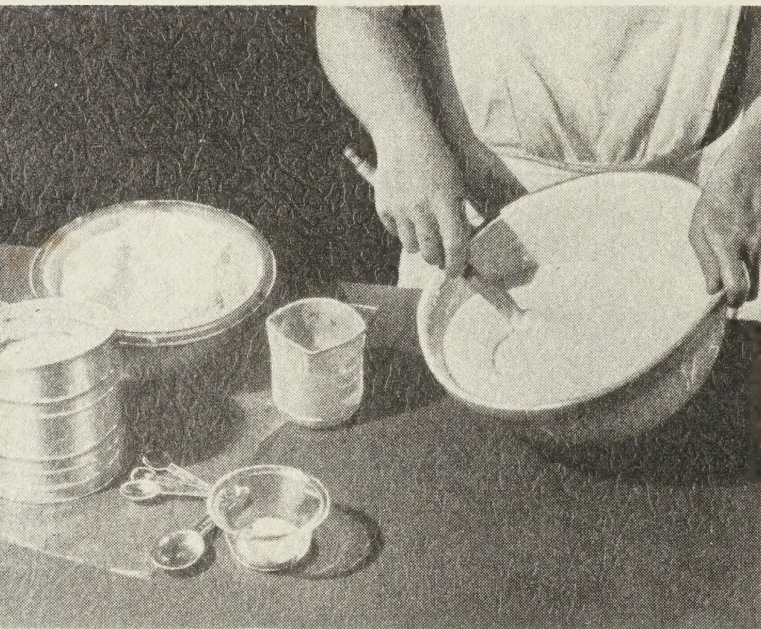
1. DISSOLVE YEAST AND SUGAR

Dissolve yeast and sugar in the milk which has been scalded and the water which has been boiled and cooled to lukewarm.



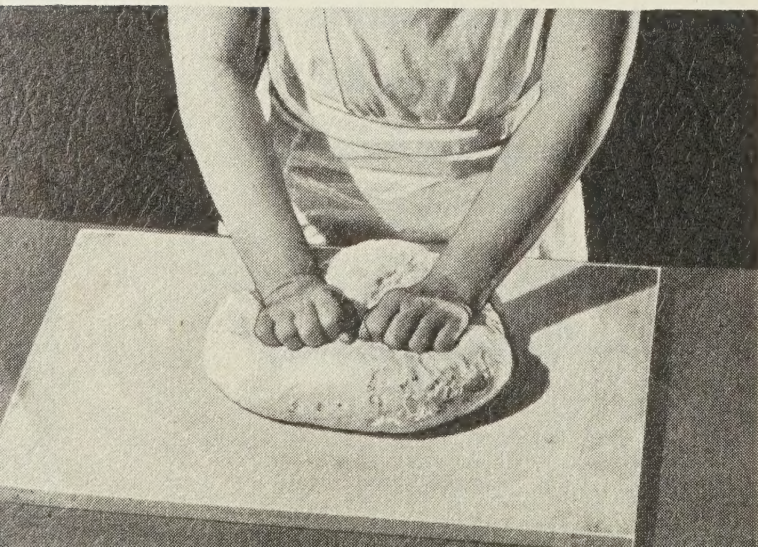
2. BEAT IN FLOUR

Gradually beat in the flour which has been sifted, measured and sifted again with the salt.



3. KNEAD DOUGH

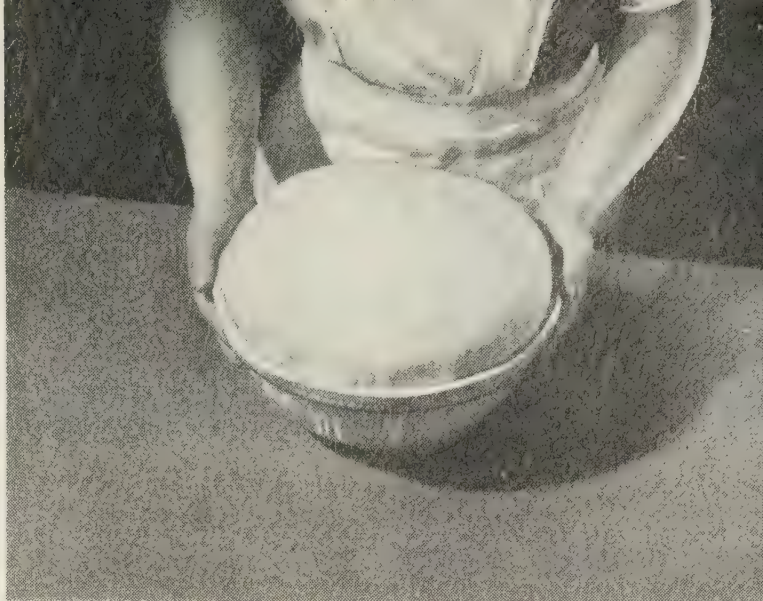
Knead the dough on a lightly floured board until smooth and elastic.



METHOD OF BAKING BREAD

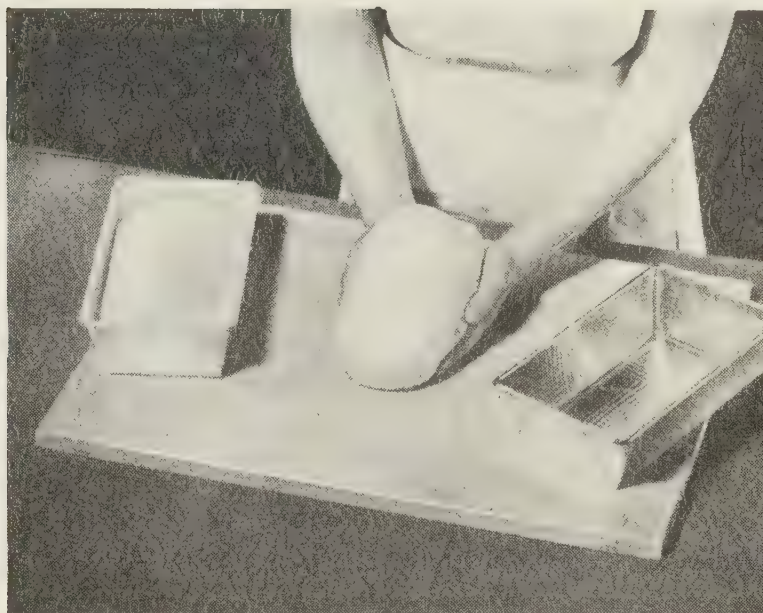
4. SET TO RISE

Place dough in a greased bowl, brush the surface with melted shortening, cover and leave in a warm place until the dough rises to double in bulk.



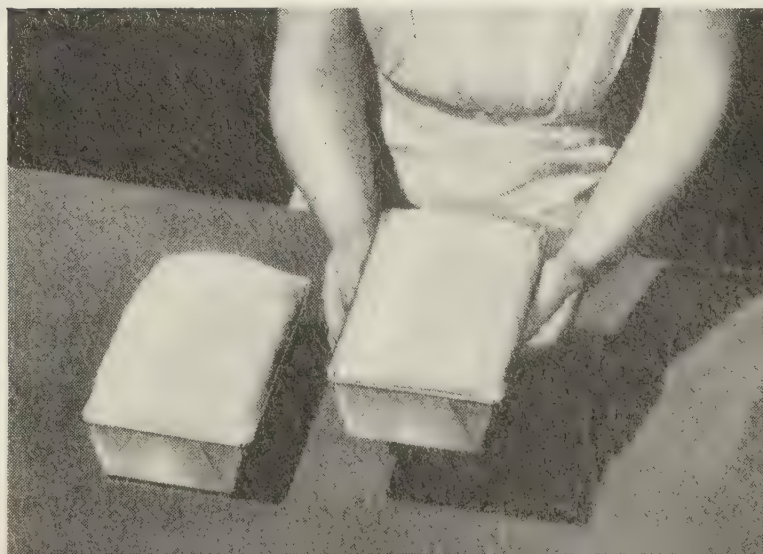
5. SHAPE INTO LOAVES

Cut down, knead lightly and shape into loaves to half fill well greased bread tins.



6. BAKE

When risen until doubled in bulk bake in a moderately hot oven.



BREAD

Hints on Bread Baking

Read carefully before commencing to bake.

1. Keep the flour in a dry place. Warm the flour and the utensils before using so that the yeast may be kept at the best temperature.
2. Scald milk to prevent souring, and boil water to sterilize. Cool to lukewarm before adding the yeast.
3. Milk makes a fine textured bread and gives more nutritive value to the bread than when water alone is used.
4. Potato water helps to make the bread keep moist longer. To make potato water, cook two medium potatoes in 1 qt. water. When soft, press through a ricer and add the water in which the potatoes were cooked.
5. Butter, lard or other kinds of shortening may be used.
6. Shortening may be omitted from the recipe but it improves the flavor, texture and keeping qualities of the bread.
7. Beat the batter well after each addition of flour. Reserve the last cup of flour until certain that it is needed to make the dough stiff.
8. Use only enough flour to make a dough which is stiff enough to handle and which will not stick to the hands.
9. Knead dough thoroughly on a lightly floured board with three motions: fold, press, turn. Knead until the dough is smooth and elastic.
10. During the rising, keep the dough in a warm place, free from draughts. If left to rise too long there will be large holes in the dough. If not risen enough it will be heavy and soggy.
11. A second kneading and rising improves the grain and texture of the bread but is not necessary. Flavor is sacrificed by too much rising.
12. Bake the bread in a moderately hot oven. If the oven is too hot the bread will brown too quickly before the heat reaches the centre of the loaf, thus preventing proper rising.
13. When done, the bread will be loose from the tin and have a hollow sound when tapped on the bottom of the loaf.
14. To make a tender crust, brush the loaf with melted butter or other shortening three minutes before removing from the oven.
15. Cool the bread on a rack. For a crisp crust leave the loaf uncovered; for a soft crust cover with a towel while cooling.
16. When cold, store in a clean ventilated tin box.

BREAD

White Bread

(Overnight sponge method using dry yeast)

4 c. liquid (Water, potato
water, milk, or half milk
and half water)
1 cake dry yeast
4 tbsp. sugar
4 tbsp. shortening
1 $\frac{1}{3}$ tbsp. salt
1 l c. sifted Robin Hood
Flour

1. Scald milk and boil water; cool to lukewarm. Put yeast cake and sugar in $\frac{1}{2}$ cup of the liquid and stir until dissolved.
2. Sift flour; measure; add salt to flour.
3. Add dissolved yeast to remaining liquid; sift in 4 cups flour and beat well.
4. Add melted shortening to mixture and beat well again.
5. Cover and leave overnight in a warm place, free from draughts.
6. In the morning gradually add 7 cups sifted flour beating well after each addition and knead on a lightly floured board until smooth and elastic. The dough should be soft but not sticky.
7. Place dough in a greased bowl, brush the surface with melted butter or other shortening; cover and leave in a warm place until doubled in bulk.
8. If desired knead down again and give a second rising.
9. When dough has risen to required size, cut it down; knead it lightly and shape it into loaves large enough to half fill well greased bread pans. Brush the surface of the dough with melted butter or other shortening; cover and leave in a warm place until the dough doubles in bulk.
10. Bake in a moderately hot oven (380°F) fifty minutes to one hour. Remove from pans and cool before storing.

BREAD

White Bread

(Straight dough method using compressed yeast)

With this recipe the dough may be set either the night before or on the same morning that you wish to bake. If the dough is set at night and left to stand until morning use $\frac{1}{2}$ cake of compressed yeast. If the dough is set in the morning, use 2 cakes compressed yeast.

4 c. liquid (Water, potato water, milk or half milk and half water)

$\frac{1}{2}$ cake compressed yeast
(if set at night)

2 cakes compressed yeast
(if set in morning)

$1\frac{1}{3}$ tbsp. salt

4 tbsp. sugar

4 tbsp. shortening

11 c. sifted Robin Hood
Flour

1. Scald milk and boil water; cool to lukewarm. Put yeast cake and sugar in $\frac{1}{2}$ cup of the liquid and stir until dissolved.
2. Sift flour; measure; add salt to flour.
3. Add dissolved yeast to remaining liquid; sift in half the flour and beat well.
4. Add melted shortening; gradually add the remainder of the flour, beating well.
5. Knead on a lightly floured board until smooth and elastic.
6. Place in a greased bowl; brush the surface with melted butter or other shortening and leave in a warm place to rise until doubled in bulk.
7. If desired knead down again and give a second rising.
8. When dough has risen to required size cut it down, knead it lightly and shape it into loaves large enough to half fill well greased bread pans. Brush the surface with melted butter or other shortening; cover and leave in a warm place until the dough doubles in bulk.
9. Bake in a moderately hot oven (380°F) fifty minutes to one hour. Remove from pans and cool before storing.

BREAD

Liquid Yeast

1 c. Robin Hood Flour
2 qts. boiling water
2 c. finely mashed potatoes
2 tbsp. salt
 $\frac{1}{4}$ c. sugar
1 dry yeast cake
 $\frac{1}{2}$ c. lukewarm water

1. Blend flour to a smooth paste with a little cold water.
2. Gradually pour boiling water over the paste, stir well; add mashed potatoes, salt and sugar. Cool to lukewarm.
3. Dissolve yeast cake in lukewarm water and add to mixture. Combine very thoroughly.
4. Leave covered in a warm place until light and foamy, then put in a cool place.
5. It is best to keep for 12 hours before using the first time. Liquid yeast may be kept for a week or more in a cool place and used as required.

White Bread

(Using Liquid Yeast)

2 tsp. salt
4 tbsp. sugar
4 c. liquid yeast
 $10\frac{1}{2}$ to 11 c. sifted Robin Hood Flour
4 tbsp. shortening

1. Dissolve salt and sugar in liquid yeast.
2. Sift flour and measure and sift half of it into the liquid yeast. Beat well.
3. Add melted shortening and gradually add the remainder of the flour. Beat well.
4. Knead on a lightly floured board until smooth and elastic.
5. Place dough in a greased pan, brush the surface with melted butter or other shortening; cover and leave in a warm place until doubled in bulk.
6. If desired knead down and give a second rising.
7. When dough has risen to required size, cut it down; knead it lightly and shape it into loaves large enough to half fill well greased bread pans. Brush the surface of the dough with melted butter or other shortening; cover and leave in a warm place until the dough doubles in bulk.
8. Bake in a moderately hot oven (380°F) fifty minutes to one hour. Remove from pans and cool before storing.

Whole Wheat Bread

Use any method for baking bread as described in the foregoing recipes, using 7 cups Old Mill Whole Wheat Flour and 4 cups sifted Robin Hood Flour in place of all white flour.

ROLLS & BUNS

Robin Hood Bread Buns

- 1 cake compressed yeast
- $\frac{1}{4}$ c. warm water
- 6 c. sifted Robin Hood Flour
- 2 tsp. salt
- $\frac{1}{2}$ c. white sugar
- 2 egg whites slightly beaten
- 2 c. milk, scalded and cooled to lukewarm
- $\frac{1}{4}$ c. shortening

1. Dissolve yeast in the warm water.
2. Sift flour; measure; add salt to flour.
3. Add dissolved yeast, sugar, and egg whites to milk.
4. Sift in half the flour and beat well.
5. Add melted shortening. Gradually add the remainder of the flour, beating well.
6. Knead on a lightly floured board until smooth and elastic.
7. Place in a greased bowl. Brush the surface with melted butter or other shortening; leave in a warm place until doubled in bulk.
8. Knead lightly and let rise again.
9. Mould into buns and place in a greased pan.
10. When risen very light, bake in a moderately hot oven (375° to 400°F).

Parker House Rolls

- 2 c. milk
- 2 tbsp. sugar
- 6 c. sifted Robin Hood Flour
- 2 tsp. salt
- 1 cake compressed yeast
- $\frac{1}{4}$ c. lukewarm water
- 2 tbsp. butter

1. Scald milk; add sugar and cool to lukewarm.
2. Sift flour; measure; add salt to flour.
3. Dissolve yeast in lukewarm water; add to milk and sugar.
4. Sift half the flour into the liquid; beat well. Add melted butter then the remainder of flour and beat thoroughly.
5. Knead on a lightly floured board until smooth and elastic.
6. Place in a greased bowl; brush the surface with melted butter or other shortening; cover well and leave in a warm place until doubled in bulk.
7. Knead down and let rise again.
8. Roll the dough $\frac{1}{3}$ " thick; lift from the board to let it shrink. Cut with round cutter and crease deeply through the centre with the back of a knife. Spread half the roll lightly with butter. Fold over and press edges together. Place 1" apart on greased baking sheets and when light bake in a moderately hot oven (375° to 400°F).

ROLLS & BUNS

Refrigerator Rolls

2 cakes compressed yeast
 $\frac{1}{2}$ c. sugar
 $2\frac{1}{2}$ c. lukewarm water
8 c. sifted Robin Hood
Flour
1 tbsp. salt
2 eggs
2 tbsp. shortening

1. Dissolve yeast and sugar in $\frac{1}{2}$ c. lukewarm water.
2. Sift flour; measure; add salt.
3. Add the beaten eggs and dissolved yeast to the remaining 2 cups of water.
4. Gradually add half the flour, then the melted shortening.
5. Gradually beat in the rest of the flour and knead the dough on a lightly floured board until smooth.
6. Place dough in a greased bowl; brush the top with melted butter or other shortening; cover closely.
7. Keep in ice box until needed. Then cut off the amount of dough required and shape into rolls.
8. Let rise in a warm place until light.
9. Bake in moderately hot oven (375° to 400° F).

This dough may be kept in the refrigerator for 6 to 7 days and small amounts used as required. Knead down occasionally to prevent over-rising.

Hot Cross Buns

2 c. milk
1 cake compressed yeast
 $\frac{1}{2}$ c. sugar
6 c. sifted Robin Hood
Flour
 $1\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ c. shortening
2 eggs
1 c. raisins
2 tsp. cinnamon

1. Scald milk and cool until lukewarm.
2. Dissolve the yeast and half the sugar in $\frac{1}{2}$ c. milk.
3. Sift flour; measure; add salt to the flour.
4. Add dissolved yeast to the remainder of the milk; add half the flour and beat well.
5. Cover this sponge and let rise in a warm place until light and full of bubbles.
6. Melt the shortening; beat the eggs; then add remaining sugar, melted shortening, beaten eggs and raisins to the sponge.
7. Sift the remaining flour with the cinnamon and add it to the sponge.
8. Beat thoroughly; knead on a lightly floured board until smooth and elastic.
9. Put in a greased bowl; brush the surface with melted butter or other shortening, cover, and then let rise in a warm place until doubled in bulk.
10. Shape into buns and put on greased baking sheets 2" apart. Make a deep cross on the surface with a sharp knife.
11. When risen very light, bake in a moderately hot oven (375° to 400° F).
12. During baking glaze with a mixture of 1 tbsp. sugar in $\frac{1}{4}$ c. milk.

If desired $\frac{1}{2}$ c. citron may be added with raisins. For a specially decorative bun make a cross on the surface with frosting.



ROLLS & BUNS

Marmalade Twists

2 c. milk
1 cake compressed yeast
 $\frac{1}{2}$ c. sugar
 $6\frac{3}{4}$ c. sifted Robin Hood
Flour
2 tsp. salt
2 eggs
 $\frac{1}{3}$ c. shortening
 $\frac{1}{2}$ c. orange marmalade

1. Scald the milk; cool to lukewarm and dissolve the yeast and sugar in $\frac{1}{2}$ c. milk.
2. Sift the flour; measure; add salt and sift again.
3. Beat eggs light, add with the dissolved yeast to the remaining liquid.
4. Add half the flour; beat thoroughly; add melted shortening and marmalade.
5. Add remaining flour gradually and beat well. Knead the dough on a lightly floured board.
6. Place the dough in a greased bowl, brush the surface with melted butter or other shortening; cover and leave in a warm place to rise until doubled in bulk.
7. Knead down and let rise again for half an hour.
8. Turn dough on a board, roll lightly $\frac{1}{2}$ in. thick and cut in strips 1 in. wide and 5 in. long. Twist the pieces of dough and form into crescents.
9. Place on a greased baking sheet; let rise until very light. Bake in a moderately hot oven (375° F.) until golden brown.

Sweet Dough

(Many choice varieties of rolls may be made from this one basic dough.)

$2\frac{1}{2}$ c. milk
1 cake compressed yeast
 $\frac{1}{2}$ c. sugar
8 c. sifted Robin Hood
Flour
1 tbsp. salt
2 eggs
 $\frac{1}{4}$ c. shortening.

1. Scald milk and cool to lukewarm.
2. Dissolve yeast and sugar in $\frac{1}{2}$ c. milk.
3. Sift flour; measure; add salt to flour.
4. Beat eggs thoroughly and add with dissolved yeast to the remaining liquid.
5. Add half the flour to the mixture; beat thoroughly and add melted shortening.
6. Gradually add remaining flour; beat well; knead on a lightly floured board until smooth.
7. Place dough in a greased bowl; brush the surface with melted butter or other shortening; cover and leave in a warm place to rise until doubled in bulk.
8. Knead down and let rise again for $\frac{1}{2}$ hour.

Note:—This dough may be made into any desired shape of rolls. See pages 16 and 17. When shaped, place on a greased baking sheet or in greased muffin tins. Put in a warm place to rise until very light. Glaze the surface and bake in a moderately hot oven (375° F).

Note:—To glaze rolls brush the tops before baking with milk or with egg diluted in milk or water.

In sweet dough recipes if dry yeast is to be used instead of compressed yeast set a sponge at night. Soften the dry yeast cake in the lukewarm milk, add the sugar and half the flour. In the morning add to this light sponge the salt, melted shortening, beaten eggs and remaining flour. Then proceed as described in the regular recipe.

ROLLS & BUNS

Varieties of Rolls which can be made from the Recipe for Sweet Dough

(See Page 15)

CLOVERLEAF ROLLS

Shape small balls of dough $\frac{3}{4}$ of an inch in diameter. Put three together in greased muffin tins.

BREAD STICKS

Roll the dough eight inches long and diameter of the little finger. Place in bread stick tins or on greased baking sheets.

FINGER ROLLS

Roll out dough five inches long and one inch in diameter. Bake when light.

LUNCHEON ROLLS

1. Roll out dough $\frac{1}{3}$ inch thick and cut with round cutters, one slightly larger than the other.
2. On the large round put a little butter; moisten the edges.
3. Place smaller round on top, pressing the edges together and finish as rolls.

CRESCENT ROLLS

Roll out dough 6 inches long and $\frac{1}{2}$ inch in diameter. Press the ends to make them pointed and turn on the tin in crescent shape.

BRAIDS

1. Roll the dough $\frac{1}{3}$ inch thick. Cut into pieces $1\frac{1}{2}$ inch wide and 4 inches long.
2. Make two lengthwise cuts through the dough beginning near the end of the strip.
3. Braid the three ends together and finish as rolls.

KNOT ROLLS

Roll out dough 8 inches long, $\frac{1}{2}$ inch wide, and $\frac{1}{4}$ inch thick. Tie in a loose knot.

SPIRAL ROLLS

Roll out dough 8 inches long, $\frac{1}{2}$ inch wide, and $\frac{1}{4}$ inch thick. Wind in spiral shape pressing the end in firmly.

JELLY SPIRALS

Put a teaspoonful of jelly in the centre of each spiral roll just before baking.

ROLLS & BUNS

Varieties of Rolls which can be made from the Recipe for Sweet Dough

(See Page 15)

FILLED BUNS

1. Shape pieces of dough into round balls. Dip in granulated sugar and place on greased pan.
2. When half risen make a hole in the top, fill with a little jelly or jam and let rise until light.

CINNAMON ROLLS

1. Roll the dough into a sheet 8 inches by 12 inches by $\frac{1}{8}$ inch thick.
2. Spread with a mixture of 3 tbsp. of soft butter, $\frac{1}{2}$ c. brown sugar and $1\frac{1}{2}$ tsp. cinnamon.
3. Roll up like a jelly roll; cut in slices 1 inch thick; put in a greased tin with cut side down.

CHELSEA BUNS

Add $\frac{1}{3}$ cup raisins or currants to the spread used for cinnamon rolls.

BUTTERSCOTCH BUNS

1. Roll out dough into a sheet 8 inches by 12 inches by $\frac{1}{8}$ inch thick.
2. Spread with 3 tbsp. soft butter and $\frac{1}{2}$ c. brown sugar.
3. Roll like jelly roll and cut in slices 1 inch thick.
4. Grease pans well; sprinkle with brown sugar and dot with butter.
5. Lay the pieces of dough flat and close together in pans.
6. When baked turn upside down and leave one minute in the pans until the butterscotch mixture sets.

WALNUT OR PECAN ROLLS

1. Make as Butterscotch Buns, but add chopped walnuts or pecans to the spread.
2. Put halves of walnuts or pecans on bottom of the pans with the brown sugar and butter before putting the buns in the pan. Butterscotch or Walnut or Pecan Rolls may be made in individual muffin tins if preferred.

RAISIN BREAD

Use the recipe for Basic Sweet Dough, adding to the dry ingredients, 1 teaspoon cinnamon and 1 cup raisins which have been washed and dried. For fruit bread, add $\frac{1}{4}$ cup citron peel to the above ingredients and combine in the same way.

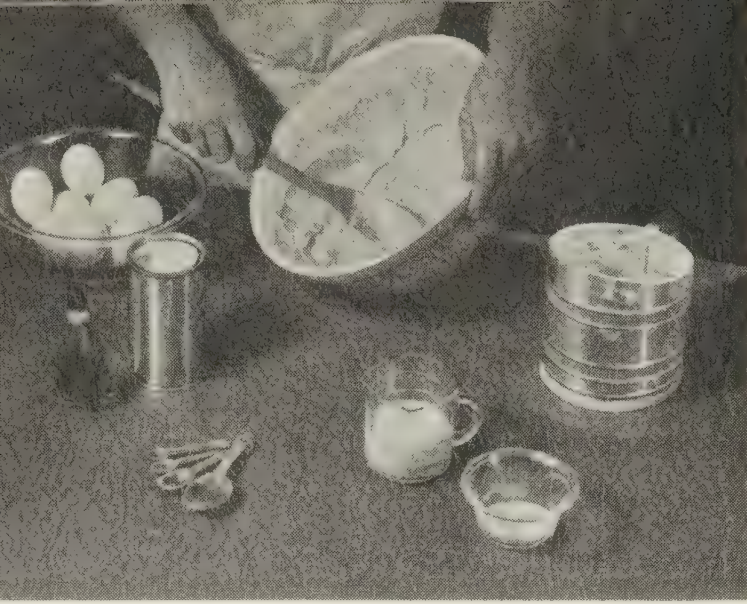


CAKES

On the following pages you will see a "movie" of hands stirring up a cake. If you are experienced you will find nothing new in these pictures. If you are not, the pictures will be helpful and your hands will soon be just as experienced.

Don't be too easily satisfied with your cakes. The ingredients you use come to you from the four corners of the world. Chocolate, spice, sugar, shortening, eggs, vanilla—all the things that go into a cake—have hidden in them the tang and mystery of a thousand secret flavors. Robin Hood Flour draws out all of these flavors, mingles them with the pure, full-bodied delicacy of water-washed wheat—blends them into a tempting, fragrant goodness that wakens the sleepiest appetite.

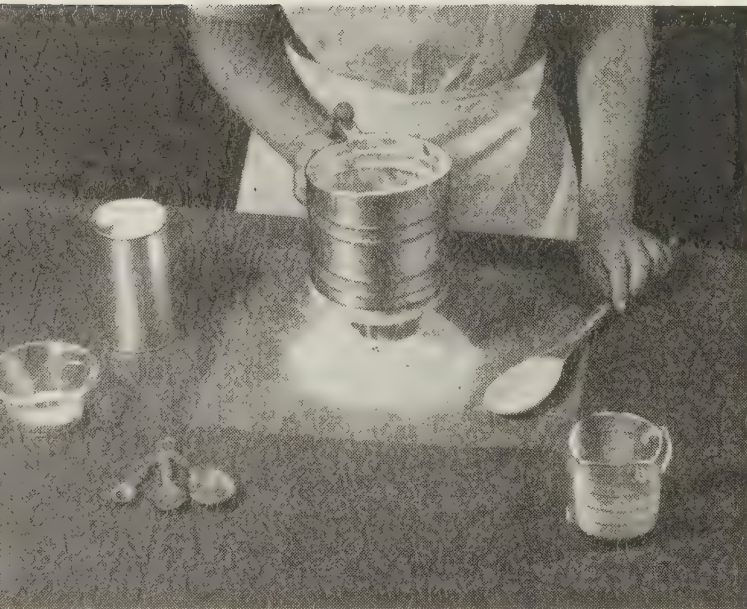
And Robin Hood is so economical ! It goes at least 12% farther than ordinary cake or pastry flour. You will find that cakes baked with Robin Hood have lasting freshness. They will keep for days, if necessary. But your problem will be to keep them at all !



METHOD OF BAKING BUTTER CAKES

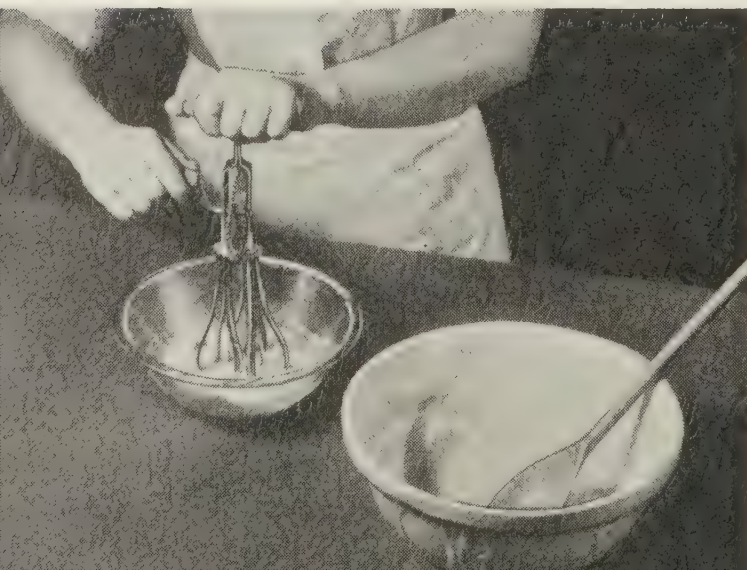
1. CREAM BUTTER AND SUGAR

Cream butter, gradually add sugar and cream together until very light.



2. SIFT FLOUR

Sift flour twice, measure, add salt and baking powder, sift twice more.



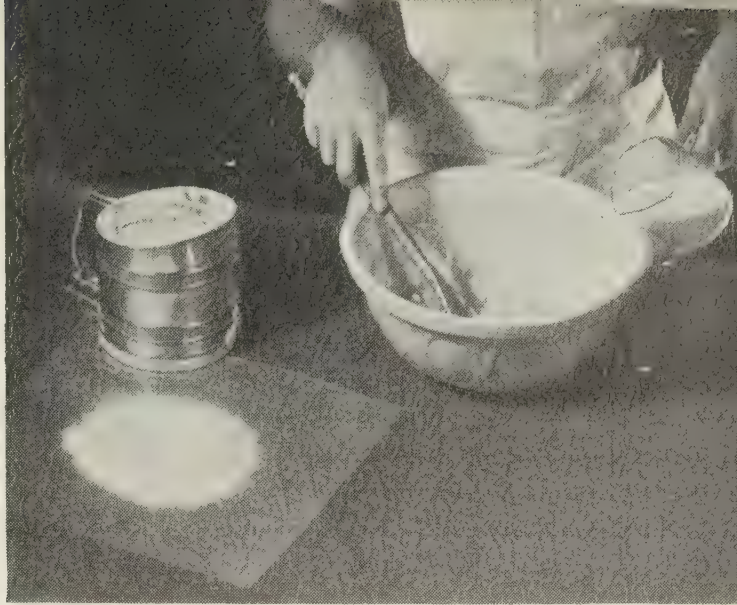
3. BEAT EGG YOLKS

Beat egg yolks until thick and light—add to the creamed butter and sugar mixture.

METHOD OF BAKING BUTTER CAKES

4. ADD DRY INGREDIENTS AND MILK

Alternately add sifted dry ingredients and milk to the first mixture.



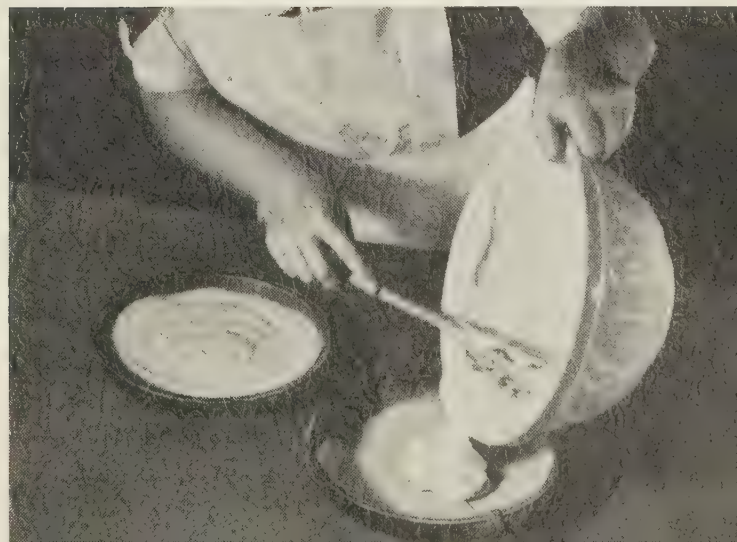
5. FOLD IN WELL-BEATEN EGG WHITES

Beat egg whites until stiff and fold in lightly.



6. POUR INTO PANS AND BAKE

Pour the batter into well greased and floured tins and bake in a moderate oven.



CAKES

BUTTER CAKES

Butter Cakes contain butter or some other type of shortening, or a combination of the two. For the finest flavored cake, butter is preferred. In making a cake, first assemble all the necessary ingredients and utensils before beginning the mixing. Use level measurements and standard measuring cups and spoons. Follow directions exactly as given in the recipes. Cream the shortening thoroughly, never melt it. It is creamed more easily if left in a warm room for a short time before beginning the mixing. Use fine grained sugar and add it gradually to the shortening. The yolks and whites of the eggs may be beaten separately or the whole egg may be beaten light and added to the batter. Alternately add the flour and liquid in small quantities, beating after each addition, beginning and ending with the flour. Fill the pans two-thirds full with batter. The pans may be greased and floured or lined with waxed paper and then buttered. When fully baked, the cake will shrink slightly from the sides of the pan and will have a delicate brown crust. A wire cake tester inserted in the centre of the cake will come out clean and dry. After the cake is baked, leave it on a wire rack for three minutes to cool, then loosen from the pan with a broad knife or spatula. Leave the cake until cold before frosting it.

Standard Butter Cake

$\frac{1}{2}$ c. butter
1 c. sugar
2 c. sifted Robin Hood
Flour
4 tsp. baking powder
 $\frac{1}{2}$ tsp. salt
2 eggs
1 c. milk
 $\frac{1}{2}$ tsp. vanilla

1. Cream butter; add sugar gradually and cream together until very light.
2. Sift flour twice; measure; add baking powder and salt to the flour and sift twice more.
3. Separate the eggs, beat the yolks until thick and light.
4. Add beaten egg yolks to the butter and sugar mixture and beat well.
5. Alternately add dry ingredients and milk to the mixture and then add the vanilla.
6. Beat egg whites stiff and fold them into the mixture.
7. Bake in well-greased and floured tin in moderate oven (350° to 375° F.).

Baking Time: Layer Cake, 25 to 30 minutes.
Loaf Cake, 40 to 50 minutes.

CAKES

White Cake

$\frac{1}{2}$ c. shortening
1 c. sugar
 $1\frac{3}{4}$ c. sifted Robin Hood
Flour
1 c. milk
 $3\frac{1}{2}$ tsp. baking powder
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ tsp. vanilla
3 egg whites

1. Cream shortening; add sugar gradually and cream together until very light.
2. Sift flour twice; measure; add salt and baking powder to the flour and sift twice more.
3. Alternately add flour and milk to the mixture and then add vanilla.
4. Beat egg whites until stiff and fold into the mixture.
5. Bake in well-greased and floured tin in a moderate oven (350° F.).

Baking Time: Layer Cake, 30 to 35 minutes.

Loaf Cake, 40 to 50 minutes.

Chocolate Cake

$\frac{1}{2}$ c. butter
1 c. brown sugar
 $1\frac{1}{2}$ c. sifted Robin Hood
Flour
 $\frac{1}{4}$ tsp. salt
2 tsp. baking powder
 $\frac{1}{2}$ tsp. soda
2 eggs
 $\frac{1}{3}$ c. cocoa
 $\frac{1}{3}$ c. hot water
 $\frac{1}{2}$ c. sour milk
 $\frac{1}{2}$ tsp. vanilla

1. Cream butter; add sugar gradually and cream together until very light.
2. Sift flour twice; measure; add salt, baking powder and soda to the flour and sift again.
3. Separate the eggs and beat the yolks until thick and light.
4. Add beaten egg yolks to the butter and sugar mixture and beat well.
5. Dissolve cocoa in the hot water and add to the first mixture.
6. Alternately add flour and sour milk to the mixture and then add vanilla. Beat egg whites stiff and fold them into mixture.
7. Bake in a well-greased and floured tin in a moderate oven (350° F.).

Baking Time: Layer Cake, 30 to 35 minutes.

Loaf Cake, 40 to 50 minutes.

CAKES

Spice Cake

$\frac{1}{3}$ c. butter
1 c. sugar
2 c. sifted Robin Hood
Flour
 $\frac{1}{2}$ tsp. soda
2 tsp. baking powder
1 tsp. cinnamon
 $\frac{1}{2}$ tsp. cloves
 $\frac{1}{2}$ tsp. nutmeg
 $\frac{1}{2}$ tsp. salt
 $\frac{2}{3}$ c. raisins
 $\frac{1}{3}$ c. nuts chopped
2 eggs
1 c. sour milk

1. Sift flour twice; measure; add the dry ingredients and sift again.
2. Add the raisins and nuts to this mixture.
3. Follow directions for Standard Butter Cake.
4. Bake in moderate oven (350° F.).

Baking Time: Layer Cake, 30 to 35 minutes.

Loaf Cake, 40 to 50 minutes.

Individual

Cup Cakes, 20 to 25 minutes.

Ginger Bread

$\frac{1}{4}$ c. shortening (butter
and lard)
 $\frac{1}{2}$ c. brown sugar
2 eggs
 $1\frac{1}{2}$ c. sifted Robin Hood
Flour
 $\frac{1}{2}$ tsp. soda
1 tsp. baking powder
 $\frac{1}{2}$ tsp. salt
 $1\frac{1}{2}$ tsp. ginger
1 tsp. cinnamon
 $\frac{1}{2}$ c. molasses
 $\frac{1}{2}$ c. boiling water

1. Cream shortening; add sugar gradually and cream together until very light.
2. Beat the eggs until light and add to the shortening and sugar.
3. Sift flour; measure; add the soda, baking powder, salt and spices; sift again.
4. Mix molasses in boiling water and add alternately with the flour to the shortening, sugar and egg mixture.
5. Bake in well-greased and floured loaf tin in a slow oven (300° to 325° F.).

Baking Time: 50 to 60 minutes.

This can be served plain or iced with chocolate frosting. As a pudding, serve it with whipped cream, foamy or chocolate sauce; or split the gingerbread and put vanilla ice cream between the layers and top it with whipped cream. For pudding it may be baked in individual muffin tins if preferred. Baking Time: 35 to 40 minutes.

CAKES

White Fruit Cake

1 c. butter
2 c. fruit sugar
4 eggs
3 c. sifted Robin Hood
Flour
3 tsp. baking powder
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ lb. sultana raisins
 $\frac{1}{2}$ lb. seeded raisins
 $\frac{1}{2}$ c. citron peel
 $\frac{1}{2}$ lb. candied cherries
 $\frac{1}{4}$ lb. blanched almonds
Cherries and almonds may
be omitted if desired.

1. Cream butter; add sugar gradually and cream together until very light.
2. Beat eggs until light and add to the butter sugar mixture.
3. Sift flour; measure; add baking powder and salt to the flour and sift again.
4. Cut the fruit and nuts fine.
5. Reserve one cup of the flour mixture and sift over the fruit and nuts until they are well coated.
6. Add the remaining flour to the first mixture.
7. Add the fruit and nuts which have been floured.
8. Line a loaf pan with three layers of waxed paper; fitting it into the corners; grease the top layer; bake in a moderately slow oven (300° to 325° F.).
Baking Time: $1\frac{3}{4}$ to 2 hours.

Dark Fruit Cake

1 lb. butter
1 lb. sugar
12 eggs
 $\frac{1}{2}$ c. molasses
1 lb. sifted Robin Hood
Flour
2 tsp. allspice
4 tsp. cinnamon
1 tsp. nutmeg
 $\frac{1}{2}$ tsp. cloves
 $\frac{1}{2}$ c. grape juice or fruit
juice
 $\frac{1}{2}$ c. strong coffee
1 lb. currants
 $\frac{1}{2}$ lb. candied cherries
2 lbs. seeded raisins
2 lbs. sultana raisins
1 lb. mixed peel
 $\frac{1}{2}$ lb. mixed dates
 $\frac{1}{2}$ lb. almonds blanched
 $\frac{1}{2}$ tsp. soda dissolved in
1 tbsp. hot water

1. Cream butter; add sugar gradually and cream together until very light.
2. Separate the eggs, beat yolks until very light and add molasses to them; combine with the butter and sugar.
3. Sift the flour; add spices to the flour, sift again and reserve one cup of this mixture to dredge the fruit.
4. Mix half the flour with butter, sugar, egg mixture.
5. Beat egg whites until stiff and fold them into the mixture.
6. Add the liquid alternately with the rest of the flour.
7. Wash, dry and cut up the fruit; blanch and shred the almonds and dredge the fruit and nuts with the cup of flour mixture which was previously reserved.
8. Add the fruit and nuts to the mixture and lastly the dissolved soda.
9. Line cake tins with 3 layers of waxed paper, fitting it at the corners, and thoroughly grease the top layer. Fill pans two-thirds full, smooth the top and bake in very slow oven (250° to 300° F.).
Baking Time: Three to four hours.

This cake should be allowed to age several weeks before using. It should be stored in a closely covered tin. The recipe makes four medium sized cakes. It is suitable for Christmas or wedding cake.

METHOD OF BAKING SPONGE CAKES

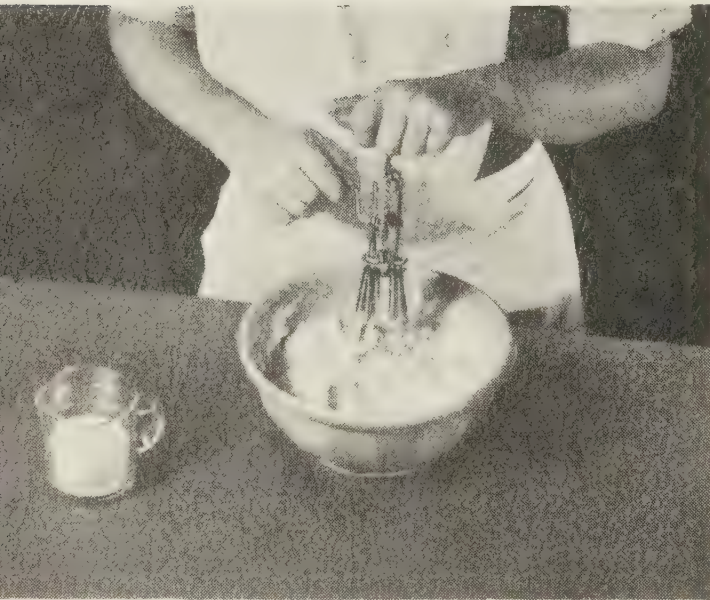
1. BEAT YOLKS

Beat egg yolks until thick and light. Gradually add one-half of the sugar and the flavouring.



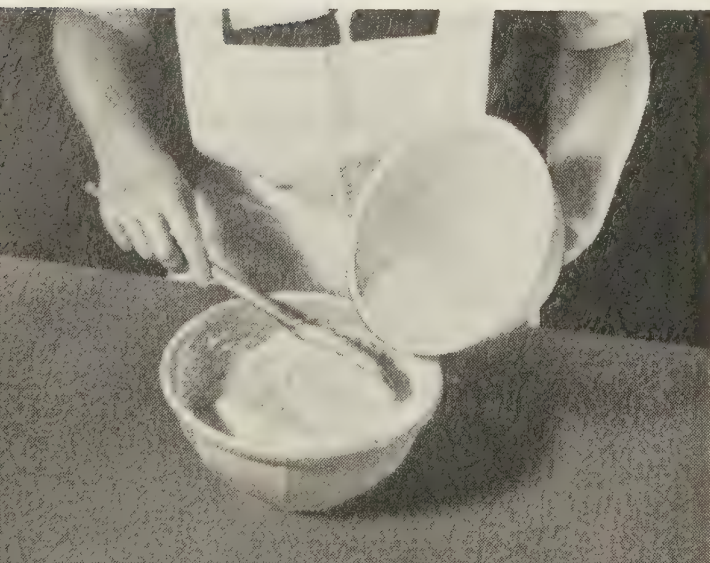
2. BEAT WHITES

Beat the egg whites until stiff but not dry. Gradually add the other half of the sugar.



3. COMBINE YOLKS AND WHITES

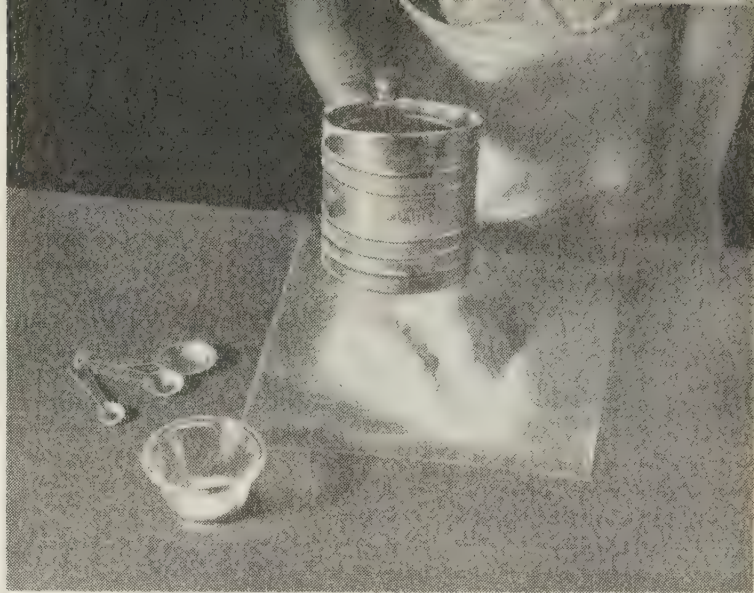
Lightly fold the yolk mixture into the whites.



METHOD OF BAKING SPONGE CAKES

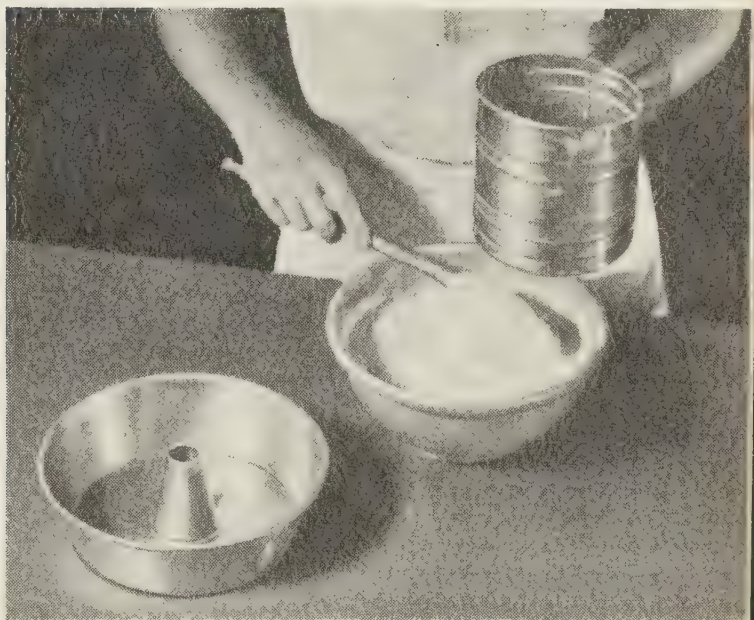
4. SIFT FLOUR

Sift the flour twice, measure, add salt and sift four times more.



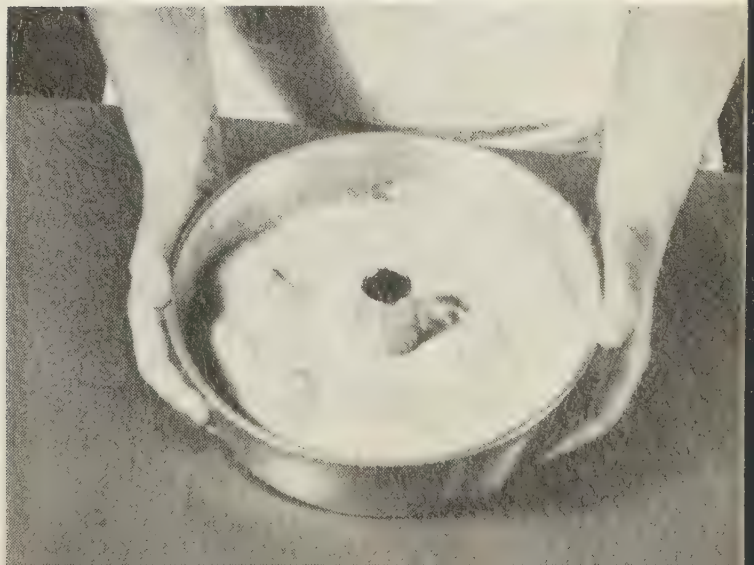
5. ADD FLOUR

Lightly fold the flour into the mixture.



6. BAKE IN UNGREASED TUBE PAN

Bake in ungreased tube pan in a slow oven.



CAKES

SPONGE CAKES

Sponge Cakes contain no shortening. If they are a true sponge the eggs and the air folded in during mixing are the only leavening agents. A variation of the sponge cake is made by the addition of baking powder to help in the leavening. Sponge cake batter must be handled lightly and with a folding motion and the flour sifted several times to enclose as much air as possible into the mixture. Sponge cakes are baked in ungreased tins in a slow oven. After baking, the pan is inverted and the cake left hanging in the tin until cold.

Angel Cake

1 $\frac{1}{4}$ c. egg whites
1 $\frac{1}{4}$ tsp. cream of tartar
 $\frac{1}{4}$ tsp. salt
1 $\frac{1}{2}$ c. fine granulated sugar
2 tbsp. cold water
 $\frac{2}{3}$ tsp. vanilla
 $\frac{1}{3}$ tsp. almond flavor
1 c. Robin Hood Flour
sifted twice before measuring.

1. Whip egg whites on a large platter with a flat wire whip until frothy.
2. Add cream of tartar and salt to the whites and continue beating until the whites are stiff but not dry.
3. Sift sugar twice. Lightly fold one cup of sugar, two tablespoons at a time, into the egg whites.
4. Fold the water and flavoring into the mixture.
5. Sift flour twice; measure; add remaining $\frac{1}{2}$ cup of sugar and sift four times more.
6. Sift two tablespoons of flour over the beaten egg whites. Fold in very lightly with the whip. Sift two more tablespoons of flour, fold in as before and repeat this process until all the flour is used.
7. Pour into an ungreased tube pan and bake in a slow oven (275° to 300° F.).

Baking Time: 1 $\frac{1}{4}$ hours.

8. Invert the pan until the cake is cold.

Chocolate Angel Food

1 $\frac{1}{2}$ c. egg whites
 $\frac{1}{2}$ tsp. cream of tartar
 $\frac{1}{4}$ tsp. salt
2 c. sugar
 $\frac{1}{3}$ c. cocoa
1 c. sifted Robin Hood Flour
1 tsp. vanilla

1. Sift sugar and cocoa together four times.
2. Sift flour twice; measure; and sift four times more.
3. Follow directions for Angel Cake.
4. Bake in an ungreased tube pan in a slow oven (275° to 300° F.).

Baking Time: 1 $\frac{1}{4}$ hours.

CAKES

Sunshine Cake

1 c. egg whites
1½ c. granulated sugar
½ c. egg yolks
2 tbsp. cold water
¼ tsp. lemon extract
1 c. sifted Robin Hood
Flour
1 tsp. cream of tartar
¼ tsp. salt

1. Beat the egg whites until stiff, but not dry.
2. Sift sugar twice and fold 1 cup of sugar gradually into beaten whites.
3. Beat yolks until thick and light colored.
4. Fold yolks carefully into the white mixture.
5. Gradually add the cold water and lemon extract.
6. Sift flour twice; measure; add cream of tartar, salt and remaining half cup of sugar and sift four times more.
7. Fold flour lightly into the mixture, two tablespoons at a time.
8. Bake in an ungreased tube pan in a slow oven (300° F.).
Baking Time: 1¼ hours.
9. Invert the pan until the cake is cold.

Simple Sponge Cake

6 egg yolks
1 c. fine granulated sugar
1 tbsp. lemon juice
½ tsp. grated lemon rind
6 egg whites
1 c. sifted Robin Hood
Flour
¼ tsp. salt

1. Beat egg yolks until thick and light.
2. Gradually beat in ½ c. sugar and add lemon juice and rind.
3. Beat egg whites until stiff but not dry and gradually add ½ c. sugar.
4. Lightly fold the yolk mixture into the whites.
5. Sift flour twice; measure; add salt to the flour and sift four times more.
6. Fold the flour lightly into the mixture.
7. Bake in an ungreased tube pan in a slow oven (300° F.).
Baking Time: 1 hour.

CAKES

Cold Water Sponge Cake

3 eggs
1/4 tsp. salt
1 c. fine granulated sugar
6 tbsp. cold water
1 c. sifted Robin Hood
Flour
1 1/2 tsp. baking powder
1 tsp. flavoring (vanilla or
lemon)

1. Separate the eggs and beat the whites with salt until stiff but not dry.
2. Gradually beat 1/2 c. sugar into the whites.
3. Beat egg yolks until thick and light colored. Slowly add 1/2 c. sugar and then the cold water.
4. Lightly fold yolk mixture into the whites.
5. Sift the flour twice; measure; add baking powder and sift four times more.
6. Sift flour over the egg mixture and fold in lightly in small quantities. Add flavouring.
7. Bake in a moderately slow oven (325° F.).

Baking Time: 45 to 50 minutes.

Boston Cream Pie

1. Make cold water sponge cake mixture and bake in an ungreased round pan.
2. Split the cake; fill with cream filling and top with whipped cream, sweetened and flavored.

(See recipe for Cream filling, page 33.)

Jelly Roll

3 eggs
1 c. sugar
3 tbsp. water
1/2 tsp. lemon extract
1 tsp. baking powder
1/4 tsp. salt
1 c. sifted Robin Hood
Flour

1. Separate the eggs; beat yolks until thick and light colored.
2. Gradually add sugar, then water and flavoring. Beat until very light.
3. Beat egg whites stiff and fold into yolk mixture.
4. Sift flour twice; measure; add baking powder and salt and sift twice more.
5. Fold flour lightly into the egg mixture.
6. Pour into a large shallow pan which has been lined with greased paper. The batter should be only 1/8 inch thick.
7. Bake in a moderate oven (350° F.).
Baking Time: 20 to 25 minutes.
8. When baked, turn out of the pan onto a cloth and remove the paper. Trim off the crusty edges.
9. Spread with jam, jelly or lemon filling and quickly roll. Wrap closely in towel or waxed paper until cold.
10. Dust with powdered sugar.

FROSTINGS & FILLINGS

Boiled Frosting

1 c. sugar
 $\frac{1}{16}$ tsp. cream of tartar
 $\frac{1}{3}$ c. boiling water
1 egg white
 $\frac{1}{8}$ tsp. salt
 $\frac{1}{2}$ tsp. vanilla

1. Stir sugar, cream of tartar and water over low heat until dissolved.
2. Boil gently without stirring to a temperature of 240° F. or until it threads when dropped from a spoon or until it forms a rather firm soft ball when dropped in cold water.
3. Beat egg white stiff and add salt.
4. Add syrup to egg white slowly, beating constantly and continuing to beat until thick. Add vanilla.
5. Cool, and spread over cake.

Note:—For a soft icing, cool syrup before adding to egg white. For a firmer icing beat syrup into the beaten white as soon as it stops bubbling.

Variations of Boiled Frosting

Fluffy - - - - Use 2 egg whites to one cup of sugar.

Marshmallow - - Cut 8 marshmallows in pieces and add to syrup just before combining with egg whites.

Lady Baltimore--Add $\frac{1}{2}$ c. chopped raisins, 2 tbsp. chopped candied cherries and $\frac{1}{4}$ c. broken nut meats.

Coffee - - - - Use strong coffee infusion instead of water, and coffee extract as flavoring.

For layer cakes, large cakes or very thick icing, double the recipe.

7 Minute Frosting

$\frac{3}{4}$ c. sugar
1 tsp. corn syrup
1 egg white
3 tbsp. water
 $\frac{1}{2}$ tsp. vanilla

1. Put sugar, corn syrup, egg white and water in the top of a double boiler and beat with a rotary egg beater until well mixed.
2. Put over boiling water; beat continuously until stiff enough to stand up in peaks, about 7 minutes.
3. Add flavoring, beat until thick enough to spread.

Brown Sugar Frosting—Replace granulated sugar by $\frac{3}{4}$ cup brown sugar, closely packed. Flavor with 1 tsp. vanilla.

For layer cakes, large cakes or very thick icing double the recipe.

FROSTINGS & FILLINGS

Butter Icing

2 tbsp. butter
1 to 1½ c. icing sugar
2 tbsp. cream
½ tsp. vanilla

1. Cream the butter with ¼ cup sugar and gradually add cream.
 2. Sift in icing sugar until thick enough to spread; then beat well.
 3. Add vanilla.
- For layer cakes, large cakes or very thick icing, double the recipe.

Variations of Butter Icing

- Chocolate —Add to the sugar, 2 tbsp. cocoa or one square of chocolate, melted.
- Coffee —Use strong coffee as liquid and flavour with coffee extract.
- Mocha —Use strong coffee as liquid and add 1 tbsp. cocoa. ¼ cup chopped toasted almonds may be added.
- Fresh Fruit —Use crushed fruit and juice as the liquid instead of cream; and ¼ tsp. lemon juice as flavouring.
- Orange —Use orange juice and pulp as the liquid and ½ tsp. lemon juice and grated orange rind as the flavouring.

Lemon Filling

3 tbsp. Robin Hood Flour
1 tbsp. corn starch
⅔ c. sugar
⅛ tsp. salt
¾ c. boiling water
2 egg yolks
¼ c. lemon juice
grated rind of 1 lemon
1 tsp. butter

1. Blend flour, corn starch, sugar and salt.
2. Stir in water.
3. Cook in double boiler for 10 minutes until it is thick and the taste of raw starch is gone.
4. Beat egg yolks; add cooked mixture to them and continue cooking until thick, stirring constantly.
5. Remove from fire and add lemon juice, rind and butter.
6. Mix well and cool.

FROSTINGS & FILLINGS

Cream Filling

2 tbsp. Robin Hood Flour
1 tbsp. corn starch
 $\frac{1}{3}$ c. sugar
 $\frac{1}{8}$ tsp. salt
1 c. milk, scalded
2 egg yolks
 $\frac{1}{2}$ tsp. vanilla

1. Mix flour, corn starch, sugar and salt.
2. Add milk and cook over boiling water, stirring well until it is thick and the taste of raw starch is gone.
3. Beat egg yolks; add cooked mixture to them; continue cooking until thick, stirring constantly.
4. Remove from the fire and add vanilla.

Chocolate Filling

3 tbsp. Robin Hood Flour
 $\frac{1}{3}$ c. sugar
 $\frac{1}{8}$ tsp. salt
 $\frac{3}{4}$ c. milk, scalded
1 square chocolate
1 egg yolk
 $\frac{1}{2}$ tsp. vanilla

1. Melt chocolate over hot water and blend smooth with scalded milk.
2. Follow directions for cream filling.

Fig or Date Filling

$\frac{1}{2}$ lb. figs or dates
 $\frac{1}{2}$ c. sugar
 $\frac{2}{3}$ c. boiling water
1 tbsp. lemon juice

1. Wash and chop fruit.
2. Add sugar and water to fruit.
3. Cook the mixture until thick, stirring well.
4. Add lemon juice, cool.

QUICK BREADS

Quick Breads "make" many a meal. They give it variety; they can be so new and different and yet so satisfying and nourishing.

Speed and deftness in handling of ingredients are essential in the baking of Quick Breads. And here, perhaps as much as anywhere else, you will find Robin Hood, with its perfect granulation and its matchless uniformity, "a joy to bake with."

Do you know how Robin Hood acquires its satiny texture and perfect granulation? Robin Hood is sifted through more than a mile of silk before it reaches the finished state. Through endless yards of constantly vibrating Swiss bolting silk—ten times finer than the finest silk stocking—the product goes, sifting, sifting, sifting—until it is as fine and white and light as you see it in the bag.

There is the reason for Robin Hood's smooth perfection, for the ease of handling whether in bread or cakes or pastry, that makes it "the one flour for every kitchen."

QUICK BREADS

Tea Biscuits

2 c. sifted Robin Hood
Flour
4 tsp. baking powder
 $\frac{1}{2}$ tsp. salt
3 tbsp. shortening
 $\frac{7}{8}$ c. milk

1. Sift flour; measure, add baking powder and salt to the flour and sift three times.
2. Add shortening to the flour by cutting in with two knives or pastry blender.
3. Add liquid gradually to form a soft dough, stirring as little as possible.
4. Turn the dough on to a lightly floured board and pat gently to $\frac{3}{4}$ inch thickness.
5. Cut with a floured cutter and bake on a greased pan in a hot oven (450° F.). until lightly browned.

Baking Time: 12-15 minutes.

Drop Biscuits

1. Use recipe for Tea Biscuits. Increase the liquid to 1 cup of milk.
 2. Drop stiff batter from a spoon on to a greased baking sheet.
 3. Bake in a very hot oven (475° F.).
- Baking Time: 10-12 minutes.

Orange Biscuits

1. Mix the grated rind of $\frac{1}{2}$ orange with 1 tbsp. orange juice.
2. Dip a small sugar cube in this mixture and press into the centre of each unbaked Tea Biscuit.
3. Bake as Tea Biscuits.

Cheese Biscuits

2 c. sifted Robin Hood
Flour
4 tsp. baking powder
 $\frac{1}{2}$ tsp. salt
1 tbsp. shortening
 $\frac{2}{3}$ c. grated sharp cheese
 $\frac{7}{8}$ c. milk

1. Add cheese and shortening to the flour mixture by cutting in with two knives.
2. Follow the method as given for Tea Biscuits

QUICK BREADS

Fruit Rolls

1. Add 2 tbsp. sugar to the flour in recipe for Tea Biscuits. Mix the ingredients the same as for Tea Biscuits.
2. Roll the dough $\frac{1}{3}$ inch thick and spread with a mixture of:
 - 2 tbsp. butter softened
 - $\frac{1}{3}$ c. brown sugar
 - $\frac{1}{2}$ tsp. cinnamon
 - $\frac{1}{3}$ c. currants
3. Roll like a jelly roll and cut in $\frac{3}{4}$ inch slices.
4. Place the rolls close together in a greased baking pan and bake in a hot oven (400° F.).

Baking Time: 15-20 minutes.

Scones

2 c. sifted Robin Hood
Flour
 $\frac{1}{2}$ tsp. salt
4 tsp. baking powder
3 tbsp. sugar
4 tbsp. shortening
 $\frac{7}{8}$ c. milk

1. Mix the ingredients the same as for Tea Biscuits.
 2. Shape into round cakes $\frac{1}{2}$ inch thick and 6 inches in diameter. Score in quarters.
 3. Brush the top with a liquid made of a beaten egg and $\frac{1}{4}$ c. milk.
 4. Bake in a hot oven (450° F.).
- Baking Time: 15 minutes.
For fruit scones add $\frac{1}{2}$ c. seedless raisins or currants to the mixture.

Butterscotch Biscuits

2 c. sifted Robin Hood
Flour
4 tsp. baking powder
 $\frac{1}{2}$ tsp. salt
2 tbsp. shortening
1 egg
 $\frac{2}{3}$ c. milk

1. Mix the ingredients the same as for Tea Biscuits, adding the beaten egg to milk to make the liquid.
 2. Roll the dough to $\frac{1}{3}$ inch thickness.
 3. Spread with a mixture of $\frac{1}{4}$ c. butter creamed with $\frac{1}{2}$ c. brown sugar.
 4. Roll like a jelly roll and cut in slices 1 inch thick.
 5. Grease muffin tins, sprinkle with brown sugar and dot with butter.
 6. Put biscuits in tins with the cut surfaces up and down.
 7. Bake in a hot oven (400° F.).
- Baking Time: 15-20 minutes.

Note:—For pecan or walnut biscuits, add broken nut meats to the brown sugar and butter which are placed in each muffin tin before baking.

QUICK BREADS

Shortcake

2 c. sifted Robin Hood
Flour
4 tsp. baking powder
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ c. sugar
 $\frac{1}{4}$ c. butter
 $1\frac{1}{2}$ tbsp. lard or other
shortening
1 egg
 $\frac{2}{3}$ c. milk

1. Mix the ingredients the same as for Tea Biscuits, adding the beaten egg to the milk.
2. Roll the dough to $\frac{1}{8}$ inch thickness and cut with a floured biscuit cutter.
3. Put two pieces of dough together and bake in a greased pan in a hot oven (425° F.) for 20 minutes.
4. When baked, split the cakes, butter, and cover one half with crushed sweetened fruit; put on top half, cover with whipped cream and whole fruit.

This is a specially rich and delicious shortcake. For a plainer shortcake use plain Tea Biscuit recipe made with 4 tbsp. shortening and 2 tbsp. sugar added.

Dumplings

(For Meat Stew)

1 c. sifted Robin Hood
Flour
2 tsp. baking powder
 $\frac{1}{4}$ tsp. salt
1 tsp. butter
 $\frac{1}{2}$ c. milk

1. Mix the ingredients the same as for Tea Biscuits.
2. Drop the dough by small spoonfuls onto the meat and vegetables in stew.
3. Cover the pot closely and cook for 20 minutes. The stew should boil gently and the cover not be raised during the cooking.
4. Serve the dumplings around stew on a hot platter.

Popovers

1 c. sifted Robin Hood
Flour
 $\frac{1}{4}$ tsp. salt
1 egg
1 c. milk
 $\frac{1}{2}$ tsp. melted butter

1. Sift flour; measure; add salt and sift again.
2. Add beaten egg and half of the milk and beat until smooth.
3. Add remaining milk and melted butter. Beat for 3 minutes with a Dover egg beater.
4. Pour at once into well-greased and heated heavy muffin pans. Fill pans only half full. Pans should be sizzling hot.
5. Bake in a very hot oven (450° F.) for 20 minutes, then lower heat to 375° F. and bake 20 minutes longer, until Popovers are light.

QUICK BREADS

Muffins

1 $\frac{3}{4}$ c. sifted Robin Hood
Flour
3 $\frac{1}{2}$ tsp. baking powder
 $\frac{1}{2}$ tsp. salt
3 tbsp. sugar
1 egg
1 c. milk
2 to 3 tbsp. butter

1. Sift flour, measure; add baking powder, salt and sugar to the flour and sift twice.
2. Beat the egg light; add the milk and beat well.
3. Make a hole in the centre of the flour mixture; pour in the egg and milk, then the melted butter.
4. Combine with as little stirring as possible.
5. Fill well greased muffin tins half full and bake in a moderately hot oven (375° to 400° F.).
Baking Time: 20-25 minutes.

Note:—For fruit muffins add $\frac{1}{2}$ c. washed and dried currants, raisins or chopped dates to the dry ingredients in the muffin recipe.

Blueberry Graham Muffins

1 c. sifted Robin Hood
Flour
4 tsp. baking powder
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ c. sugar
1 c. Robin Hood Graham
flour.
 $\frac{2}{3}$ c. blueberries (fresh or
canned berries well
drained)
1 egg
1 c. milk
3 tbsp. butter

1. Add the blueberries to the dry ingredients.
2. Mix and bake as for Muffins.

Bran Muffins

1 c. sifted Robin Hood
Flour
 $\frac{1}{2}$ c. brown sugar
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ tsp. soda
2 tsp. baking powder
1 $\frac{1}{2}$ c. bran
 $\frac{2}{3}$ c. raisins
1 c. sour milk
2 tbsp. molasses
1 egg
2 tbsp. butter

1. Sift flour; measure; add sugar, salt, soda and baking powder to the flour and sift twice.
2. Add the bran and the raisins.
3. Mix and bake as for Muffins.

QUICK BREADS

Date Bread

- 1 c. dates
- 1 tsp. soda
- 1 c. boiling water
- $\frac{1}{2}$ c. sugar
- 1 egg
- 1 tbsp. butter
- $\frac{3}{4}$ c. sifted Robin Hood Flour
- $\frac{1}{2}$ tsp. salt
- 1 c. Robin Hood Graham Flour

1. Wash dates; remove stones and cut the dates in pieces.
2. Add soda and boiling water and cool slightly.
3. Add sugar, beaten egg and butter.
4. Sift the flour and salt; add to the first mixture, and then add the Graham flour.
5. Bake in a well-greased loaf tin in a moderately slow oven (325° F.).

Baking Time: 50 minutes.

Waffles

- 2 $\frac{1}{2}$ c. sifted Robin Hood Flour
- $\frac{1}{2}$ tsp. salt
- 4 tsp. baking powder
- 1 tbsp. sugar
- 2 eggs
- 2 c. milk
- $\frac{1}{3}$ c. butter

1. Sift flour; measure; add the salt, baking powder and sugar to the flour and sift twice.
2. Separate the eggs, beat yolks well, add milk and melted butter. Combine with the flour mixture.
3. Beat egg whites light and fold into the batter.
4. Pour one tablespoon of the batter into each section of a heated waffle iron.
5. Bake until brown and crisp for about 3 minutes and serve at once with syrup or butter and sugar.

Griddle Cakes

- 2 c. sifted Robin Hood Flour
- 2 tsp. baking powder
- $\frac{1}{2}$ tsp. soda
- $\frac{1}{2}$ tsp. salt
- 1 tbsp. sugar
- 2 eggs
- 2 c. sour milk
- 2 tbsp. melted butter

1. Sift flour; measure; add baking powder, soda, salt and sugar and sift twice.
2. Beat eggs; add milk to them and combine with first mixture.
3. Beat the batter well and add melted butter.
4. Drop by spoonfuls or pour from a pitcher on to a greased hot griddle.
5. Turn once during baking.

Note:—The griddle is the right temperature when a few drops of cold water will dance about on the surface for a few seconds before disappearing.



PIES

"Pie Eyes" — they're turned on your dinner table every day. Several pairs of them, perhaps. Everyone looks forward to pie for dessert.

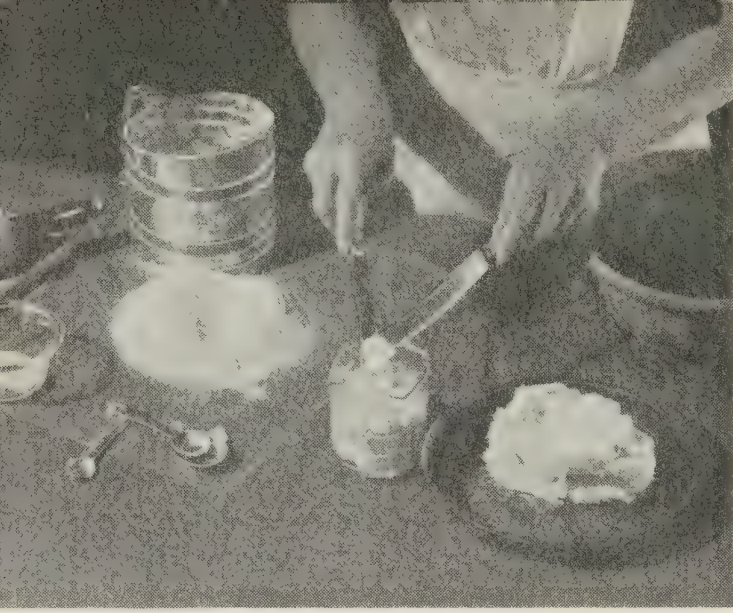
The success of a pie depends largely on the crust. Pastry, above all things, must have deft handling. And how the good "old friend" reliability of Robin Hood Flour adds to the joy of pie baking !

Robin Hood is milled to be the one flour for every kitchen. After the wheat has been cleaned and washed, it is broken on steel rolls and the sweet, nutty heart of the kernel is taken and ground again and again. Then the flour is purified by air currents, sifted through thousands of yards of silk, until only perfect granules, fine as powder, are left in the stream. You get the "feel" of Robin Hood with your first few bakings — whether they're bread or cakes or pastry. Once you have the "feel", light, flaky piecrust will be a matter of course, because Robin Hood never changes.

METHOD OF BAKING PIES

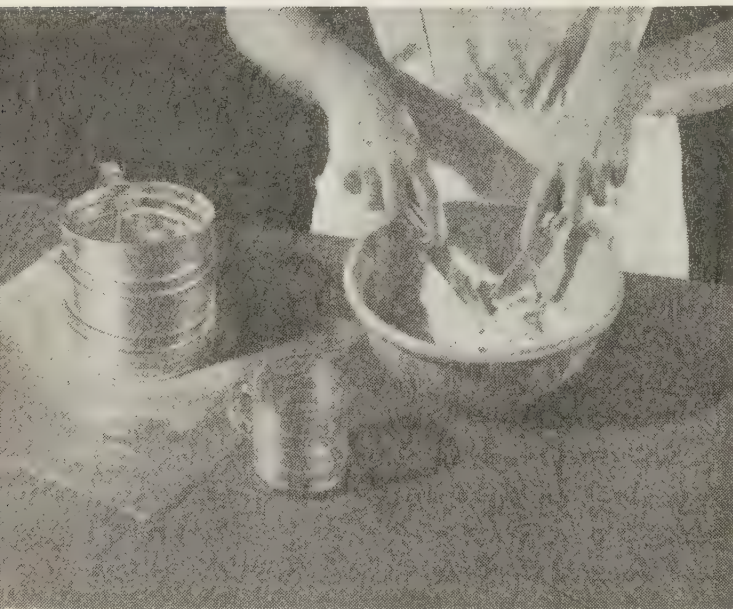
1. MEASURE SHORTENING

By displacement
method, see page 3



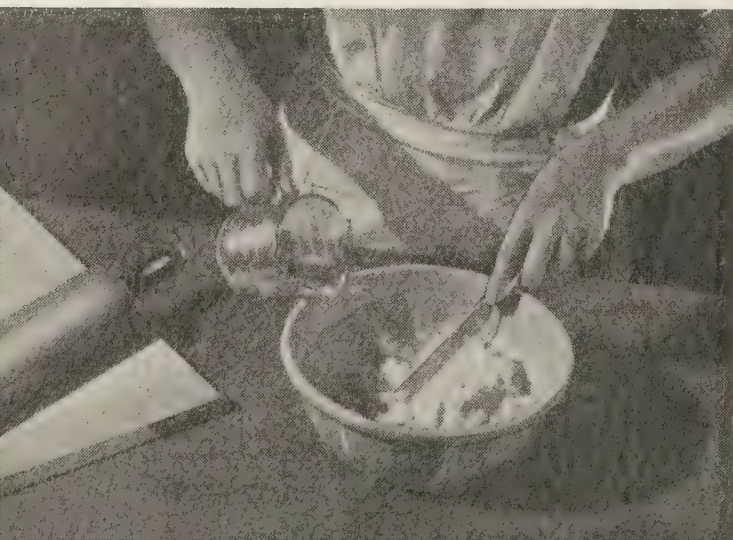
2. CUT IN SHORTENING

Cut the shortening
with two knives into
the flour, which has
been sifted and meas-
ured.



3. ADD ICE WATER

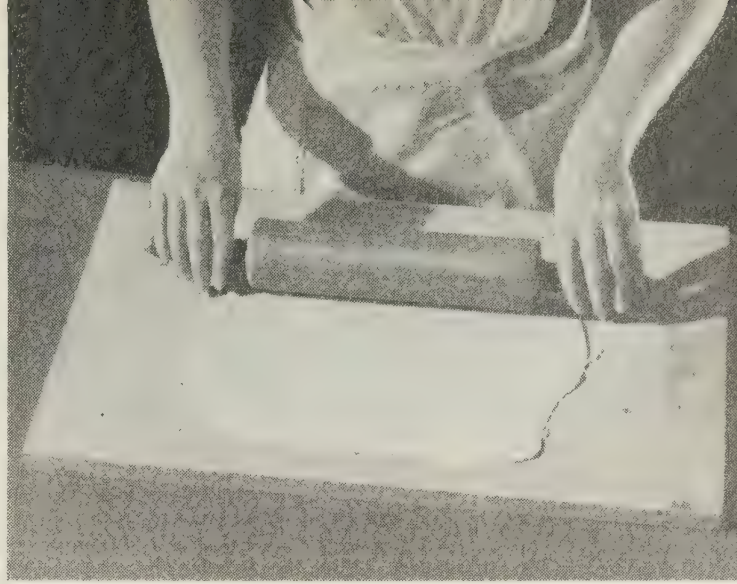
Gradually add ice
cold water, a few
drops at a time, put-
ting it always into an
undampened spot.



METHOD OF BAKING PIES

4. ROLL DOUGH

When the dough will just stick together roll on a lightly floured board to $\frac{1}{8}$ inch thickness.



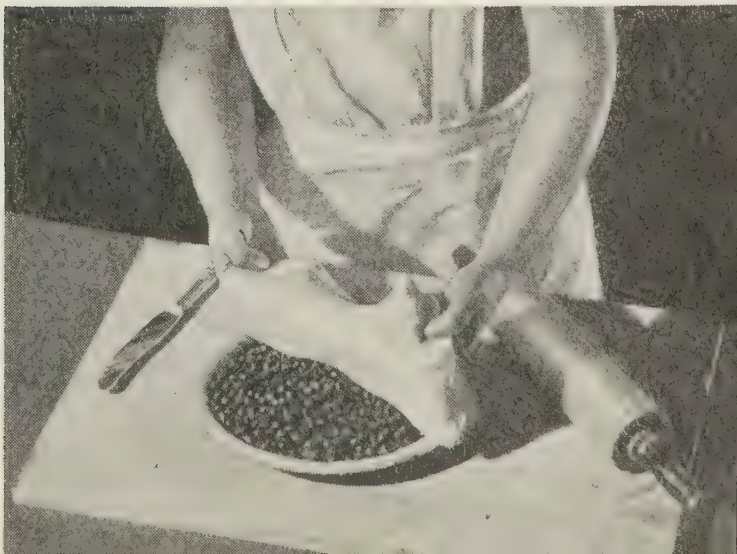
6. ADD UPPER CRUST

Place filling on lower crust and fold upper crust over the lower.



5. CUT CRUST

Place the crust loosely on the tin and trim to the correct size.



PIES

Hints on Pastry Baking

To make tender, flaky pastry, all ingredients should be cold and the preparation done in a cool room. A light touch in rolling the pastry is essential and the less it is handled the better the result. Shortening for pastry may be lard, lard substitute, butter or butter substitute or a mixture of these. In cutting it into the flour, it should be left the size of small peas to make a flaky crust.

A hot oven causes a sudden expansion of the cold air which has been enclosed in rolling the pastry, and makes a light flaky crust.

Pastry

1½ c. sifted Robin Hood
Flour

½ tsp. salt

½ c. shortening

¼ c. ice cold water (ap-
proximately)

1. Sift flour; measure; add salt to the flour and sift again.
2. Add the shortening to the flour by cutting in with two knives or a pastry cutter, working quickly and with a very light touch.
3. Sprinkle on ice cold water gradually, putting it always in an undampened spot. Use as little water as possible.
4. When the dough will just stick together, roll on a lightly floured board to ⅛" thickness. This amount makes two shells.
5. For a single shell place the pastry loosely on the outside of a shallow pie plate, trim the edges and prick the crust with a fork.
6. Bake in a very hot oven (450° to 500° F).

Apple Pie

Tart apples

2 tbsp. Robin Hood Flour

½ tsp. cinnamon

Sugar—1½ to 2 tbsp. for
each apple

2 tbsp. butter

1. Wipe, quarter, peel and slice the apples.
2. Line a pie tin with pastry and fill with the apples, heaping them in the centre of the tin.
3. Mix the flour, cinnamon and sugar and sprinkle over the fruit.
4. Cut the butter in small pieces and dot it over the fruit.
5. Moisten the edge of the lower crust, cover with an upper crust in which cuts have been made to allow steam to escape. Pinch the edges of the two crusts very firmly together.
6. Bake in a hot oven (450° F) for 10 minutes then reduce to a moderately hot temperature (375° F) until apples are tender and crust is lightly browned.

Note:—If apples are not tart add 1 tbsp. lemon juice for flavor.

PIES

Deep Fruit Pie

4 c. prepared fresh fruit
1 to 2 c. sugar
3 to 4 tbsp. Robin Hood
Flour

1. Butter a deep pie dish, or baking dish, and sprinkle with $\frac{1}{3}$ of the sugar and flour, which have been mixed together.
2. Put a pie funnel in the centre of the dish.
3. Add $\frac{1}{2}$ the fruit and $\frac{1}{3}$ of the flour and sugar.
4. Add the remaining fruit and remaining flour and sugar.
5. Cover with a crust in which slits have been cut to allow the steam to escape.
6. Bake in a hot oven (450° F) for 10 minutes, then reduce to a moderately hot temperature (375°F) until fruit is tender and crust is lightly browned. If desired deep fruit pies may be made in individual dishes.

Raisin Pie

2 c. raisins
1 c. boiling water
1 c. brown sugar
4 tbsp. Robin Hood Flour
 $\frac{1}{4}$ tsp. salt
2 tbsp. lemon juice
Grated rind of 1 lemon
2 tbsp. butter

1. Simmer the raisins and water together over low heat for five minutes.
2. Mix the sugar and flour together; stir into the cooked raisins and cook until thick.
3. Add salt, lemon juice, rind and butter.
4. Pour the filling into a pie tin which has been lined with pastry. Cover with upper crust in which cuts have been made.
5. If preferred, instead of using an upper crust, strips of pastry cut $\frac{3}{4}$ inch wide may be arranged lattice style over the filling.
6. Bake in a hot oven (450° F) until the pastry is lightly browned.

Pumpkin Pie

1 $\frac{1}{2}$ c. cooked pumpkin
 $\frac{2}{3}$ c. brown sugar
 $\frac{1}{2}$ tsp. ginger
1 tsp. cinnamon
 $\frac{1}{2}$ tsp. salt
2 eggs
2 c. milk

1. Mix sugar, ginger, cinnamon and salt together and add to the pumpkin.
2. Beat eggs; add milk to them and combine with pumpkin mixture.
3. Pour into a deep pie tin lined with unbaked pastry and place in a hot oven (425° to 450° F) for ten minutes to start the baking of the pastry.
4. Quickly reduce the heat to a moderately slow oven (325° F) and bake until the filling is firm.
5. To test when done, insert a silver knife into the filling. When the pumpkin is baked until firm the blade will come out clean. This quantity is sufficient for two medium size pies.
Serve the pie plain or with whipped cream.

PIES

Lemon Pie

3 tbsp. cornstarch
3 tbsp. Robin Hood Flour
 $\frac{1}{4}$ tsp. salt
1 c. sugar
 $\frac{1}{3}$ c. cold water
 $1\frac{1}{2}$ c. boiling water
3 egg yolks
1 tbsp. butter
 $\frac{1}{3}$ c. lemon juice
1 tsp. grated lemon rind

1. Mix cornstarch, flour, salt and sugar together.
2. Blend to a smooth paste with cold water.
3. Add boiling water to the mixture and cook until all the taste of raw starch is gone.
4. Beat the egg yolks; gradually add the hot mixture to them and cook over boiling water until thick, stirring constantly.
5. Remove the mixture from the fire, add butter, lemon juice and rind, cool slightly, and pour into a baked pastry shell.
6. Cover with a meringue made of the remaining egg whites and bake in a slow oven (275° F) until brown.

Meringue for Pie

3 egg whites
5 tbsp. fruit sugar or fine granulated sugar

1. Beat egg whites until stiff and add sugar one tablespoon at a time.
2. Beat until all sugar is dissolved and meringue very stiff.
3. Pile meringue lightly on the pie, being careful that it reaches to the edges of the crust. Brown in a slow oven (275° F).

Lemon Chiffon Pie

4 eggs
1 c. sugar
6 tbsp. lemon juice
1 tbsp. granulated gelatine
 $\frac{1}{2}$ c. cold water
1 tsp. grated lemon rind

1. Separate the eggs; beat the yolks until thick and light and add $\frac{1}{2}$ c. sugar.
2. Add lemon juice and cook the mixture in the top of a double boiler until thick.
3. Remove from fire and pour the mixture over the gelatine which has been softened in cold water for five minutes.
4. Stir until gelatine is dissolved. Add lemon rind.
5. Beat egg whites stiff, gradually add the remaining $\frac{1}{2}$ c. sugar and fold into the egg and gelatine mixture.
6. Cool slightly and pour into a baked pastry shell.
7. When chilled and set, cover the pie with whipped cream if desired.

PIES

Cream Pie

3 tbsp. Robin Hood Flour
1 tbsp. cornstarch
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{3}$ c. sugar
 $\frac{1}{4}$ c. cold milk
2 c. scalded milk
2 egg yolks
1 tbsp. butter
 $\frac{2}{3}$ tsp. vanilla

1. Mix flour, cornstarch, salt and sugar together.
2. Add the cold milk and blend to a smooth paste.
3. Gradually add scalded milk and cook over boiling water until the mixture is thick and all taste of raw starch is gone.
4. Beat egg yolks well; pour the hot mixture over them, and cook until thick, stirring constantly.
5. Remove from the fire, add butter and vanilla. Cool slightly.
6. Pour the mixture into a baked pastry shell and cover with a meringue made of 2 egg whites and $3\frac{1}{2}$ tbsp. of fruit sugar or fine granulated sugar.

Cocoanut Cream Pie

Add $\frac{2}{3}$ c. cocoanut to the cream pie filling and sprinkle
- $\frac{1}{3}$ c. cocoanut over the meringue before baking.

Fruit Cream Pie

1. Cover baked pie shell with sugared fresh berries or sliced bananas before adding cream filling.
2. Cover the top with whipped cream.

Chocolate Cream Pie

1. Prepare cream pie filling, adding two squares grated chocolate to the scalded milk.
2. Cover the pie with meringue or whipped cream.

PUDDINGS

Cottage Pudding

$\frac{1}{4}$ c. butter
 $\frac{2}{3}$ c. sugar
1 egg
 $1\frac{3}{4}$ c. sifted Robin Hood
Flour
3 tsp. baking powder
 $\frac{1}{2}$ tsp. salt
1 c. milk

1. Cream the butter; add sugar gradually and cream together until very light.
2. Beat egg until light and add to the butter and sugar mixture.
3. Sift the flour; measure, add baking powder and salt to the flour and sift again.
4. Alternately add the flour and milk to the mixture.
5. Bake in a buttered baking dish in a moderately hot oven (350° F).

Baking Time: 35 to 40 minutes.

Serve warm with a hot pudding sauce.

For fruit cottage pudding, put a layer of hot sweetened fruit in the dish before pouring in the batter. Bake, and serve hot with sauce or plain cream or whipped cream.

This pudding may be baked in individual muffin tins with jam or fruit in the bottom of each tin. Serve with whipped cream or hard sauce.

Pineapple Upside Down Cake

$\frac{1}{3}$ c. butter
 $\frac{2}{4}$ c. sugar
2 eggs
 $1\frac{1}{2}$ c. sifted Robin Hood
Flour
 $2\frac{1}{2}$ tsp. baking powder
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ c. pineapple juice

1. Mix ingredients as for cottage pudding.
2. Prepare a round pudding dish or frying pan with the following mixture:
3 tbsp. butter,
 $\frac{1}{2}$ c. brown sugar,
canned pineapple slices,
candied cherries,
nut meats.
3. Melt butter in pan and sprinkle brown sugar over it.
4. Arrange well-drained pineapple slices to fill the bottom of the pan. Put a cherry in the centre of each one and nut meats in the remaining spaces.
5. Pour the batter over the fruit mixture.
6. Bake in a moderate oven (350° F.) for 30 minutes.
7. Turn upside down and serve warm with plain or whipped cream.

PUDDINGS

Light Batter Pudding

3 tbsp. butter
 $\frac{1}{4}$ c. sugar
1 egg
1 c. sifted Robin Hood
Flour
2 tsp. baking powder
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ c. milk
 $\frac{1}{3}$ c. raisins, figs or dates

1. Cream the butter; add sugar gradually and cream together until very light.
2. Beat egg until light and add to the butter and sugar mixture.
3. Sift flour; measure; add baking powder and salt to the flour and sift again.
4. Alternately add flour and milk to the mixture.
5. Sprinkle the fruit lightly with flour and add to the mixture.
6. Fill greased pudding moulds (large or individual) two-thirds full of batter; cover or tie down a greased paper over the top, leaving space for the pudding to rise; place on a rack in a steamer over rapidly boiling water and cover the steamer closely.
7. Steam $1\frac{1}{2}$ hours for a large mould or 40 minutes for individual moulds.

Variations of this basic recipe

1. Omit the fruit and add 3 tbsp. of marmalade to the batter.
2. Omit the fruit and put a layer of jam, sugared fruit, or sliced apples sprinkled with sugar and cinnamon in the bottom of the mould before adding the batter. Serve with brown sugar sauce, hard sauce or foamy sauce.

Steamed Chocolate Pudding

1 egg
 $\frac{1}{3}$ c. sugar
2 tbsp. butter melted
 $\frac{1}{2}$ c. milk
1 c. sifted Robin Hood
Flour
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ tsp. cinnamon
2 tsp. baking powder
2 tbsp. cocoa

1. Separate the egg; beat the yolk; add sugar, melted butter and milk.
 2. Sift flour; measure; add salt, cinnamon, baking powder and cocoa to the flour and sift again.
 3. Fold these dry ingredients into first mixture.
 4. Beat egg white stiff and combine with the batter.
 5. Fill a greased mould $\frac{2}{3}$ full, cover tightly and steam one hour. Follow directions for steaming as given in recipe for Light Batter Pudding.
- Serve with foamy sauce or whipped cream.

PUDDINGS

Apple Dumpling

2 c. sifted Robin Hood
Flour
4 tsp. baking powder
 $\frac{1}{2}$ tsp. salt
3 tbsp. shortening
 $\frac{7}{8}$ c. milk
6 apples
6 tbsp. sugar
 $\frac{1}{2}$ tsp. cinnamon

1. Sift flour; measure; add baking powder and salt to the flour and sift three times.
2. Add shortening to the flour by cutting in with two knives or pastry blender.
3. Add liquid gradually to form a soft dough, stirring as little as possible.
4. Roll out $\frac{1}{4}$ inch thick and cut in circles about 5 inches in diameter.
5. Core and pare the apples, and place one on each piece of the dough, filling the centre of the apple with sugar and cinnamon mixed.
6. Fold the dough around the apple, sealing completely by moistening the edges of the dough and pinching together.
7. Steam over boiling water, closely covered, for 30 to 40 minutes or bake in a hot oven (450° F) until apples are tender.

Serve with plain or whipped cream or hard sauce; or lemon or brown sugar sauce.

If desired, thick jam or marmalade may replace the apple filling.

Dutch Apple Cake

1 $\frac{1}{2}$ c. sifted Robin Hood
Flour
3 tsp. baking powder
 $\frac{1}{4}$ c. sugar
 $\frac{1}{2}$ tsp. salt
3 tbsp. shortening
1 egg
 $\frac{2}{3}$ c. milk
3 apples
2 tbsp. sugar
 $\frac{1}{8}$ tsp. cinnamon

1. Sift the flour; measure; add baking powder, sugar and salt to the flour and sift again.
2. Add the shortening to the flour mixture by cutting in with two knives or a pastry blender.
3. Beat egg; add milk, and combine lightly with the first mixture to make a soft dough.
4. Spread the dough in a greased pan.
5. Core, pare and slice the apples in eighths.
6. Press apples into dough; sprinkle with the sugar which has been mixed with the cinnamon.
7. Bake in a moderate oven (375° F).

Baking Time: 35 minutes.

Serve warm with cream or a hot pudding sauce.

PUDDING SAUCES

Foamy Sauce

- 1 egg
- $\frac{1}{3}$ c. fruit sugar
- $\frac{1}{4}$ tsp. vanilla or lemon flavouring

1. Separate the egg and beat the yolk until very thick.
2. Gradually add sugar and flavouring.
3. Beat egg white stiff; combine with the first mixture and serve at once.

Brown Sugar Sauce

- $\frac{3}{4}$ c. brown sugar
- 1 tbsp. cornstarch
- Few grains salt
- 1 c. boiling water
- 1 tbsp. butter
- $\frac{1}{2}$ tsp. vanilla

1. Mix sugar, cornstarch and salt.
2. Slowly add boiling water and cook until there is no taste of raw starch.
3. Remove from fire; add butter in small pieces, and vanilla.

Lemon Sauce

- $\frac{1}{3}$ c. sugar
- 1 tbsp. cornstarch
- Few grains salt
- 1 c. boiling water
- 2 tsp. butter
- $1\frac{1}{2}$ tbsp. lemon juice
- $\frac{1}{2}$ tsp. grated lemon rind

Follow the method for Brown Sugar Sauce, adding the butter, lemon juice and rind after the sauce is removed from the fire.

Golden Sauce

- 2 egg yolks
- $\frac{3}{4}$ c. fruit sugar
- $\frac{1}{2}$ c. whipping cream
- $\frac{1}{2}$ tsp. vanilla

1. Beat egg yolks until thick.
2. Gradually add sugar.
3. Whip cream and fold into first mixture.
4. Flavor with vanilla and serve at once.

Hard Sauce

- $\frac{1}{3}$ c. butter
- 1 c. fruit sugar
- $\frac{1}{2}$ tsp. flavouring (vanilla or lemon)

1. Cream the butter until very light.
2. Gradually add sugar and continue creaming.
3. Beat in flavouring and chill.

If desired fold in 1 beaten egg white before chilling. Brown sugar may replace all or part of the white sugar.

COOKIES

Rolled Cookies should be chilled thoroughly and only small amounts rolled at a time, on a lightly floured board. Adding too much flour should be avoided as it makes the cookies tough. Some of the flour measured for the recipe should be reserved to flour the board.

Ice Box Cookies are best chilled overnight so that the dough will be firm enough to slice very thin. If nuts or fruit are added they must be chopped very fine so they will not interfere with the slicing.

Drop Cookies should be tested by baking one before adding the full quantity of flour. Avoid having the cookies too stiff. Remove from the pan as soon as they are baked.

As a short cut in shaping cookies, roll the chilled dough into uniformly small round balls, place on a greased cookie sheet and press down with the prongs of a fork to make a criss-cross design; or flatten with the bottom of a glass tumbler which has been greased; or with the palm of the hand which has been floured.

Sugar Cookies

$\frac{2}{3}$ c. butter
1 c. sugar
2 eggs
2 c. sifted Robin Hood
Flour
 $\frac{1}{4}$ tsp. salt
3 tsp. baking powder
1 tsp. vanilla

1. Cream the butter; add the sugar and cream very thoroughly.
2. Beat eggs until light and add to the butter and sugar mixture.
3. Sift flour; measure; add salt and baking powder to the flour; sift together and add to the first mixture. Then add the vanilla.
4. Chill well and roll a small piece at a time on a lightly floured board. (Use as little flour as possible in the rolling or the cookies will be tough; some of the flour measured for the recipe should be reserved for flouring the board).
5. Cut into desired shapes and bake in a moderate oven (350° F).

Baking Time: 10 to 15 minutes.

For variations of these cookies sprinkle lightly with sugar, coconut or chopped nuts before baking.

For filled cookies roll the dough as thin as possible. Cut half the dough with a round cutter and the other half with a doughnut cutter of the same size. Spread the plain rounds with jam or jelly and cover with the doughnut rounds.

COOKIES

Ice Box Cookies

- 1 c. butter or shortening
- 1½ c. brown sugar
- 2 eggs
- 3 c. sifted Robin Hood
Flour
- ¼ tsp. salt
- 1 tsp. baking powder
- 1 tsp. vanilla
- ½ c. finely chopped nuts
if desired

1. Cream the butter; add sugar and continue creaming until very light.
2. Beat eggs until light and add to the butter and sugar mixture.
3. Sift flour; measure; add salt and baking powder to the flour; sift together and add to the first mixture. Add vanilla.
4. Form into rolls about 2 inches in diameter; wrap in waxed paper and chill until very stiff. It is best to chill the dough overnight.
5. Slice down very thin and bake in a moderate oven (350° F).

Baking Time: 10 to 15 minutes.

Ginger Snaps

- ¾ c. shortening
- ⅔ c. molasses
- ⅓ c. hot water
- 3 c. sifted Robin Hood
flour
- 1 tbsp. ginger
- ½ tsp. soda
- ½ tsp. salt
- ½ c. sugar

1. Beat shortening, molasses and hot water together until creamy.
2. Sift the flour; measure; add ginger, soda, salt and sugar to the flour and sift together. Add to the first mixture.
3. Chill very thoroughly, roll very thin on a lightly floured board. Use as little flour as possible, reserving some from the recipe to flour the board.
4. Cut into desired shapes and bake in a moderate oven (350° F).

Baking time: 10 to 15 minutes.

Shortbread

- 1 c. butter
- ½ c. fruit sugar or ⅔ c.
brown sugar
- 1¾ c. sifted Robin Hood
Flour

1. Cream the butter very thoroughly; add sugar and cream together until very light.
2. Sift the flour; measure and gradually add it to butter and sugar mixture.
3. When dough becomes stiff, knead it on a lightly floured board, kneading in the last of the flour until the dough begins to crack.
4. Roll out ¼ inch thick and cut in fancy shapes.
5. Bake in a slow oven (300° F) until lightly browned.

Baking Time: 35 minutes.

COOKIES

Hermits

- 1 c. butter or shortening
- 1½ c. brown sugar
- 2 eggs
- ½ c. raisins
- ½ c. currants
- 1 c. dates chopped
- ⅓ c. nuts chopped
- 2¼ to 2¾ c. sifted Robin Hood Flour
- ¼ tsp. soda
- 1 tsp. baking powder
- 1 tsp. cinnamon
- ¼ tsp. nutmeg
- ¼ tsp. allspice
- ½ tsp. salt

1. Cream the shortening until light and gradually add the sugar and cream together.
2. Beat eggs well; add to the first mixture and then add the chopped fruit and nuts.
3. Sift the flour; measure 2¼ cups; add soda, baking powder, spice and salt to the flour and sift together.
4. Add the flour mixture gradually to the first mixture.
5. Drop by teaspoonsful one inch apart on buttered baking sheet and bake in a moderate oven (350° F).
6. Bake one cookie first to test it. If it spreads add more flour.

Baking Time: 12 to 15 minutes.

Brownies

- 2 oz. chocolate
- ½ c. butter
- 2 eggs
- 1 c. sugar
- ⅓ c. sifted Robin Hood Flour
- ⅓ tsp. salt
- ½ tsp. baking powder
- ½ c. walnuts
- 1 tsp. vanilla

1. Melt the chocolate in the top of a double boiler over hot water and remove from the fire.
2. Add butter and stir until well blended.
3. Beat eggs, add sugar, combine, and beat the whole mixture thoroughly.
4. Sift the flour with the salt and the baking powder and add to the mixture.
5. Add the nuts and vanilla and spread mixture ½ inch deep in a greased pan.
6. Bake in a moderate oven (350° F).
7. Cut in squares while hot.

Baking Time: 35 to 40 minutes.

COOKIES

Doughnuts

2 tbsp. butter
 $\frac{1}{2}$ c. sugar
2 eggs
1 c. milk
 $3\frac{1}{2}$ c. sifted Robin Hood
Flour
3 tsp. baking powder
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. cinnamon

1. Cream the butter; add sugar gradually and cream together until light.
2. Beat the eggs until light and add to the first mixture.
3. Sift the flour with the baking powder, salt and cinnamon, and add dry ingredients to the first mixture alternately with the milk. The dough should be soft.
4. Roll the dough $\frac{1}{8}$ inch thick and cut with a doughnut cutter.
5. Fry in deep fat at 360° F. for three minutes. Turn once during cooking. (Fat at 360° F. will brown a cube of bread in 60 seconds).
6. Drain on a paper towel or crumpled unglazed brown paper and roll in fruit sugar.

Cocoanut Macaroons

3 egg whites
1 c. fruit sugar
1 tbsp. corn starch
 $1\frac{1}{2}$ c. shredded cocoanut
1 tsp. vanilla.

1. Beat egg whites until stiff.
2. Sift sugar and cornstarch together and gradually add to beaten egg whites.
3. Fold in the cocoanut; put the mixture in the top of the double boiler and cook over gently boiling water until a crust forms on the sides of the pan. Stir once or twice during cooking.
4. Remove from the heat; add vanilla and drop from a teaspoon onto a greased pan.
5. Bake in a slow oven (275° F.) until lightly browned.
Baking Time: 25 to 35 minutes.

Date and Nut Meringues

3 egg whites
1 c. fruit sugar
 $\frac{1}{8}$ tsp. salt
 $\frac{3}{4}$ c. walnuts
 $\frac{3}{4}$ c. dates
 $\frac{1}{2}$ tsp. vanilla

1. Beat egg whites until stiff.
2. Gradually beat in the sugar and salt.
3. Add the nuts and dates which have been cut up; then the vanilla.
4. Drop from a teaspoon on to a greased pan and bake in a slow oven (275° F) until lightly browned.
Baking Time: 25 to 35 minutes.

SANDWICHES

Sandwiches are best made of fine, even textured bread one day old. White, brown, nut, or raisin bread may be used. Butter should be creamed but not melted. For formal occasions cut bread thin, remove crusts before buttering the bread and use thin pastelike fillings. To keep sandwiches fresh, wrap in waxed paper, then in a damp cloth.

Fillings

Additions

Meat and Poultry

1. Thinly sliced ham, chicken, roast beef or lamb, tongue, corned beef.
2. Chopped ham, chicken or veal.
3. Devilled or potted meats.

Mustard, salad dressing, lettuce, chili sauce or horseradish.

Chopped celery, pickles, olives or green pepper.

Fish

1. Flaked fresh fish.
2. Canned or smoked fish.
3. Fish pastes.

Chopped celery, lettuce, lemon juice, chopped green pepper, pickles or olives.

Cheese

1. Cheddar or yellow cream cheese grated or creamed and mixed with salad dressing.
2. Cream cheese, white.

Chopped olives, pickles, green peppers, nuts or pimienta.

Chopped olives, pickles, nuts, pineapple, ginger, or marmalade.

Egg

1. Hard cooked egg, chopped and mixed with salad dressing.
2. Hard cooked egg sliced.

Chopped olives, pickles, green pepper, chili sauce, mustard or onion.

Salt, pepper, salad dressing and lettuce.

Fruit, Nut and Sweet Fillings

1. Nuts—walnuts, almonds, pecans or peanuts chopped and mixed with salad dressing.
2. Dates or raisins chopped and mixed with salad dressing or orange and lemon juice.
3. Marmalade or jam well drained.

Cream cheese, chopped raisins or dates.

Chopped nuts, candied ginger, cream cheese, pineapple or peanut butter.

Cream cheese or chopped nuts.

SANDWICHES

Vegetable

1. Sliced tomatoes or cucumbers.

Salt and pepper or salad dressing, lettuce or chopped olives.

2. Onions sliced or chopped.

Salt and pepper, salad dressing or vinegar.

3. Lettuce crisped and well dried.

Salad dressing, French, Russian or Thousand Island dressing, chopped olives or pickles.

4. Mushrooms finely chopped and fried in butter.

Salt and pepper and small amount of thick cream sauce.

Sandwich Shapes

Closed Use any of the fillings listed above.

Open Face

Cut bread $\frac{1}{4}$ inch thick; remove crusts and cut in fancy shapes. Spread with chopped chicken or ham, meat or fish paste, or cream cheese. Decorate with sliced olives, radishes, cress, chopped nuts, sieved egg yolk or white, chopped parsley, colored butter or cheese piped around the edge.

Rolled

Cut fresh bread as thin as possible and remove crusts. Spread with butter and put well-seasoned small celery stalk, asparagus or watercress extending from the end. Roll firmly and pack closely until well chilled.

Pinwheel

Cut lengthwise crust from a fresh sandwich loaf. Cut a slice $\frac{1}{8}$ inch thick from the full length of the loaf; remove crust, and spread with butter and any cheese and relish mixture. Roll up like a jelly roll, wrap closely, chill and when firm cut in slices $\frac{1}{4}$ " thick.

Ribbon

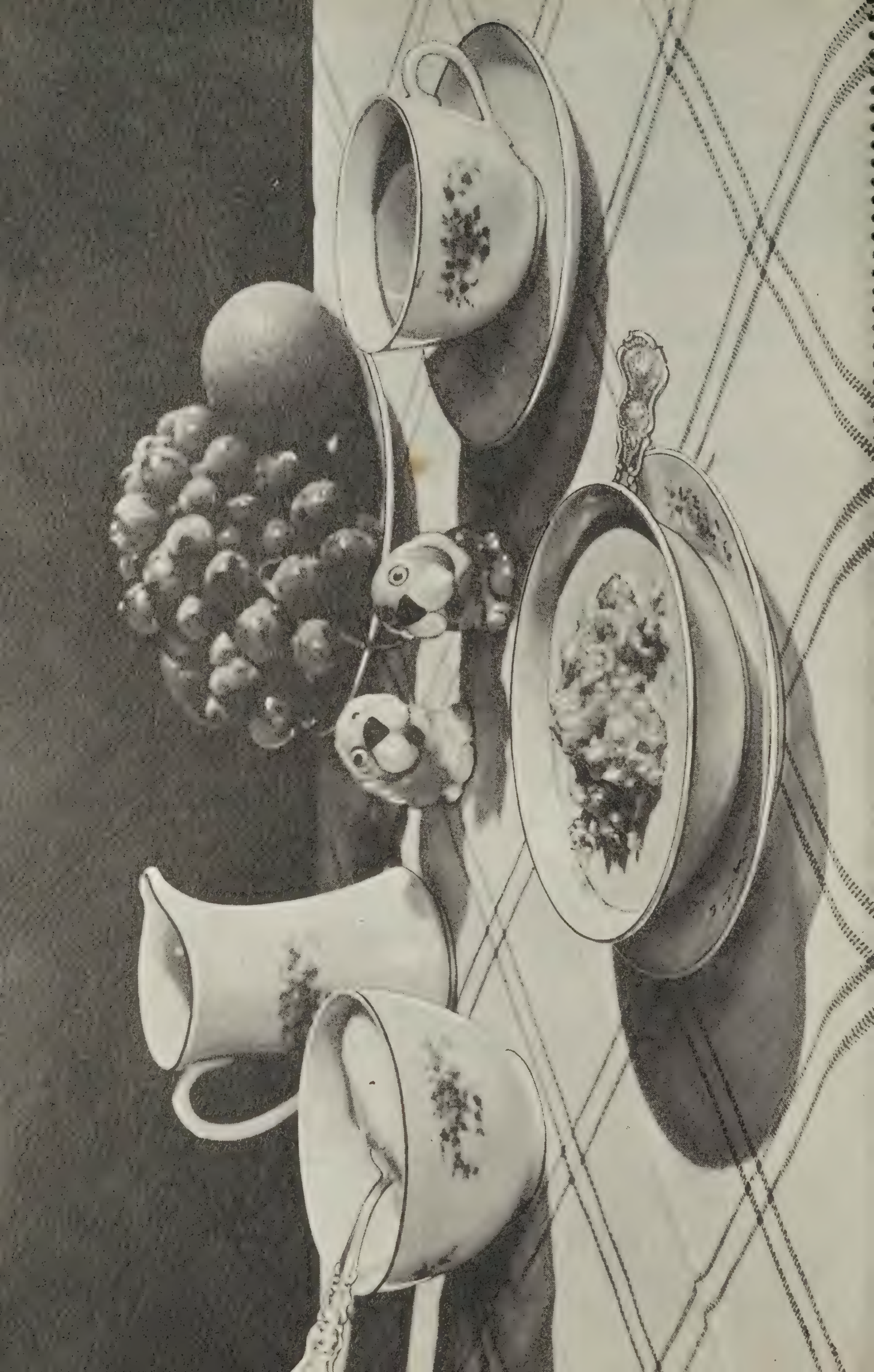
Cut one slice white bread and two slices of brown $\frac{3}{4}$ inch thick. Spread one slice of brown bread with butter and any cream cheese filling. Add a slice of white bread buttered on both sides, cream filling again and finally another slice of buttered brown bread. Two different fillings of contrasting color may be used if desired. Press firmly together, chill and slice across the end. 4 or 6 thinner slices of bread may be used if desired.

Double Decker

Cut three slices of bread; butter two of these on one side and the third on both sides. Use two contrasting fillings, such as chopped ham and mustard pickles and lettuce, or grilled bacon and sliced tomato, or chopped chicken and head lettuce and dressing. Serve plain or toasted.

Club Sandwich

Prepare three slices of toast and spread with butter. Use filling of sliced chicken, grilled bacon, sliced tomato and lettuce. Season well, garnish with salad dressing and olives and serve at once on a hot plate.



'HEALTH FOR BREAKFAST'

Breakfast decides the day. It must be satisfying, it must be nourishing, it must be tasty. It has to carry children and menfolk alike through the hardest half of the day's work. It must start them off on the coldest winter morning or the drowsiest summer day with that vigor and cheerfulness that comes from satisfied appetites.

For centuries oatmeal porridge has been recognized as a unique food. The rich mineral elements in the oat berry are generous contributors to strength, vitality and the joy of living.

Robin Hood Oats bring you the added deliciousness of the "Pan-Dried" flavor — flavor sealed into the milky heart of the oat berry just as you seal the flavor into a potato when you bake it.

If you're a stranger to Robin Hood Oats, try them one of these mornings. The simple directions for making porridge are on every package. You'll be delighted with your new discovery. You'll enjoy the sweet, nutty fragrance as it simmers out of the boiling water, floats around the kitchen and climbs the stairs to hurry the family sleepy-heads. Let them hurry! You're giving them "Health for Breakfast"!

OATS RECIPES

Robin Hood Oat Bread

2 c. Robin Hood Oats
2 c. boiling water
 $\frac{1}{2}$ tbsp. salt
 $\frac{1}{4}$ c. molasses
2 tbsp. shortening
1 cake compressed yeast
 $\frac{1}{2}$ c. lukewarm water
 $5\frac{1}{2}$ c. sifted Robin Hood
Flour

1. Pour the boiling water over the Robin Hood Oats and leave standing until lukewarm.
2. Add salt, molasses and melted shortening to the mixture.
3. Dissolve yeast cake in $\frac{1}{2}$ cup lukewarm water. Add to the oats mixture.
4. Add 1 cup flour. Beat well, cover and set the sponge aside in a warm place to rise until light.
5. Gradually add the remaining flour to make a soft dough.
6. Knead on a lightly floured board until smooth and elastic.
7. Place in a greased bowl; brush the surface with melted shortening, cover and leave in a warm place to rise until doubled in bulk.
8. When dough has risen to required size, cut it down, knead it lightly and shape it into loaves large enough to half fill well greased bread pans. Brush the surface of the dough with melted shortening; cover and leave in a warm place until the dough doubles in bulk.
9. Bake in a moderately hot oven (380° F) fifty minutes to one hour. Remove from pans and cool before storing.

Robin Hood Oat Macaroons

$\frac{1}{2}$ c. butter
1 c. sugar
2 eggs
2 tsp. vanilla
1 c. sifted Robin Hood
Flour
 $\frac{1}{2}$ tsp. salt
2 tsp. baking powder
2 to $2\frac{1}{2}$ c. Robin Hood
Oats

1. Cream the butter; add sugar gradually and cream together until very light.
2. Beat eggs; add to first mixture, then add vanilla.
3. Add salt and baking powder to flour and sift together.
4. Add flour to the first mixture.
5. Add 2 c. Robin Hood Oats and drop the batter from a teaspoon one inch apart on a well greased pan.
6. Test one cookie first. If it spreads too much add the remaining Robin Hood Oats.
7. Sprinkle chopped nuts or cocoanut on each cookie.
8. Bake in a moderate oven (350° F).

Baking Time: 12 to 15 minutes.

OATS RECIPES

Date-Filled Oat Cookies

- 1 c. shortening (butter and lard)
- 1 c. brown sugar
- $\frac{1}{2}$ c. milk
- 2 c. Robin Hood Oats
- $1\frac{3}{4}$ c. sifted Robin Hood Flour
- 3 tsp. baking powder
- $\frac{1}{2}$ tsp. salt

1. Cream the shortening; gradually add sugar, and cream together until very light.
 2. Add the milk and then the Robin Hood Oats.
 3. Sift flour; measure, add baking powder and salt to the flour, sift again and add to the first mixture.
 4. The dough should be very soft. Chill the dough thoroughly.
 5. Roll the dough on a lightly floured board; cut into round cookies.
 6. Bake on a well greased tin in a moderate oven (350° F).
- Baking Time: 12 to 15 minutes.
7. When the cookies are cool put two together with date filling.

Date Filling

- $\frac{1}{2}$ lb. dates
- $\frac{2}{3}$ c. water
- $\frac{1}{2}$ c. sugar
- 1 tsp. lemon juice

1. Wash and remove stones from dates. Add water and sugar.
2. Cook together until thick, stirring well.
3. Add lemon juice and when cool use as a filling.

Robin Hood Oat Cookies

- $\frac{1}{2}$ c. butter
- 1 c. brown sugar
- 1 egg
- $\frac{1}{2}$ c. sour milk
- $\frac{3}{4}$ c. sifted Robin Hood Flour
- 1 tsp. soda
- $\frac{1}{2}$ tsp. salt
- 2 c. Robin Hood Oats
- 1 c. raisins

1. Cream the butter; add sugar gradually and cream together until very light.
 2. Beat the egg light; add to the first mixture then add the sour milk.
 3. Add soda and the salt to the flour and sift together.
 4. Add the flour to the first mixture, then add the Robin Hood Oats and lastly the raisins.
 5. The dough must be soft.
Drop from a teaspoon one inch apart on to a well-greased pan.
 6. Bake in a moderate oven (350° F).
- Baking Time: 12 to 15 minutes.

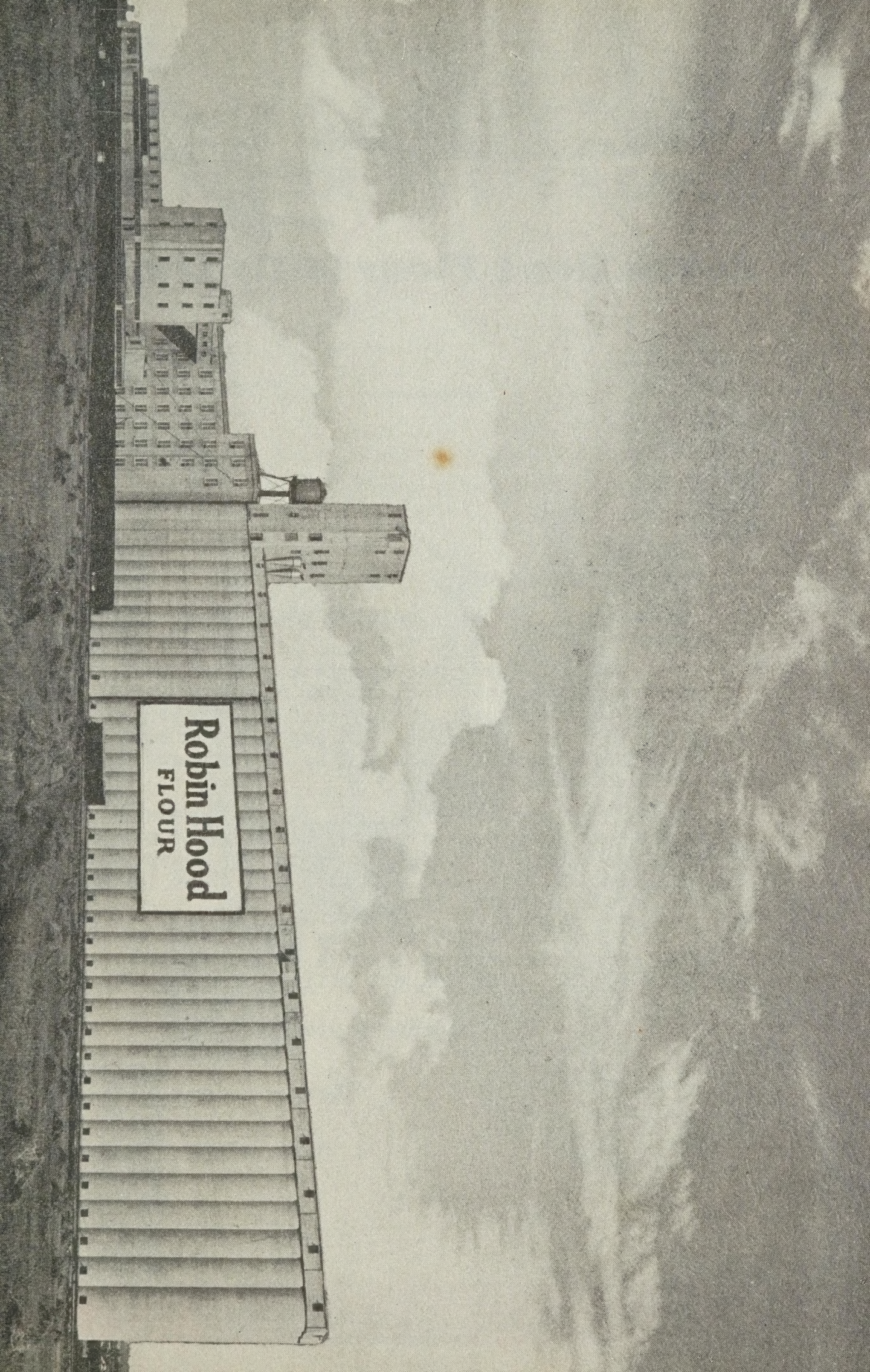
'IN PRAIRIE SUNSHINE'

ON the next page is an illustration of one of the great Robin Hood flour mills. It has literally grown up "in prairie sunshine." Robin Hood's modern mills form a distinctive part of the wonderful growth of the Canadian West.

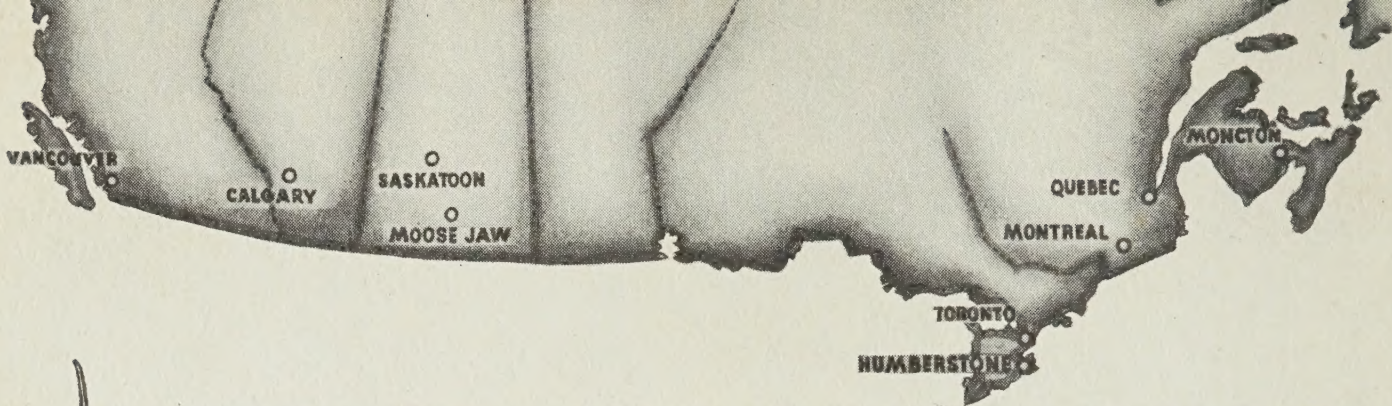
In 1909 a little mill on the banks of Thunder Creek in Moose Jaw, Saskatchewan, began to turn out a flour named after the great English hero—Robin Hood. Its daily output was about 150 barrels. Today Robin Hood mills can supply more than a third of the flour used by all the people in the Dominion of Canada. But Robin Hood does not supply Canada alone. The flour milled from washed wheat finds a warm welcome in 52 countries of the world. By truck, railroad, ship, canoe, aeroplane and pack horse—on the backs of Chinese coolies and the heads of Egyptian bearers—Robin Hood Flour goes wherever bread is eaten.

The men who established the first Robin Hood mill had one simple idea which they set down clearly in the beginning: "We will mill the best possible flour from the best wheat grown." They placed in every bag of that flour a guarantee of "Absolute Satisfaction or Your Money Back Plus a 10% Premium."

Today Robin Hood offers you every improvement of modern milling science; it offers you all the old-fashioned qualities that went to the making of good bread in your grandmother's day. And every cent you pay for the flour **plus a 10% cash premium** is waiting for you at your dealer's if Robin Hood does not please you better than any other flour milled in Canada.



Robin Hood
FLOUR



Robin Hood Flour Mills Limited

OFFICES AT
VANCOUVER, B.C.
CALGARY, ALBERTA
MOOSE JAW, SASK.
SASKATOON, SASK.
TORONTO, ONT.
HUMBERSTONE, ONT.
MONTREAL, QUE.
QUEBEC, QUE.
MONCTON, N.B.

DAILY CAPACITY
25,000 - 98 LB. BAGS FLOUR
3,000-80LB. BAGS ROLLED OATS
AND OATMEAL
2,000 CASES ROLLED OATS

MILLS AT
MOOSE JAW, SASK.
SASKATOON, SASK.
CALGARY, ALBERTA
HUMBERSTONE, ONT.

Dear Robin Hood User:

I hope you have enjoyed using these recipes.

Not even the most complete recipe book can cover every baking problem. We all have individual ways of doing things that don't always agree with the recipe — and perhaps you some times have questions concerning the reasons for certain recipe methods.

I want you to know that we are always anxious to help you with your baking. If any problems arise in connection with the recipes in this book, I will consider it a privilege if you will write me about them.

I invite you to write me any time I can help. Just address me in care of Robin Hood Flour Mills, using nearest office shown above.

Sincerely yours,

Evangeline

Home Baking Service

HERE'S THE PICTURE OF FLOUR PREFERENCE *in Canada*

